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Sens sign college star Bobby Butler

NHL The Ottawa Senators have signed free agent forward Bobby Butler to a two-year entry-level contract, general manager Bryan Murray announced yesterday.

The 22-year-old right winger's collegiate career came to an end just on Saturday.

A Top 10 finalist for the 2010 Hobey Baker Award, which honours U.S. college hockey's best player, Butler helped the University of New Hampshire Wildcats capture their eighth Hockey East regular-season title and qualify for the NCAA East Regional tournament for a ninth straight season.

Named the Wildcats' co-captain in his final season, the six-foot, 185-pound Massachusetts native, who turns 23 on April 26, recorded 61 goals, 60 assists and 88 penalty minutes over his four-year 153-game collegiate career at New Hampshire. In 2009-10, he ranked third among Hockey East scorers with 53 points while leading the conference and the NCAA in goals.

He was awarded the Walter Brown Award, which is presented annually to the best American-born college hockey player in New England, earlier this month.

TRACEY TONG/METRO OTTAWA

MORE COVERAGE, PAGE 11

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Toronto Fashion Week

Georgian tribute

DARREN CALABRESE/THE CANADIAN PRESS

Traditional Georgian dancers perform during a tribute yesterday for late Olympic luger Nodar Kumaritashvili prior to the Gaudet show at Toronto Fashion Week.

Afghan mission ending in '11, Canada tells U.S.

Reminder made after Hillary Clinton asks for extension on TV

Ending a long day of speculations over the future of Canada's involvement in Afghanistan, Foreign Affairs Minister Lawrence Cannon said the decision to end the military mission next year has been made "perfectly clear" to the United States.

His comments, during a hastily-called news conference late yesterday evening, came shortly after U.S. Secretary of State Hillary Clinton asked Canada to extend its military mission in the war-torn country.

Clinton made the request in a televised interview on the eve of the Canadian-hosted G8 foreign ministers meeting near Ottawa.

"We would obviously like to see some form of support continue because the Canadian Forces have a great reputation," Clinton told CTV News.

But Cannon reiterated the government's position that it will withdraw all of its 2,800 troops from the southern province of Kandahar by July 2011, as Parliament has decreed.

"Let me be clear once again. Our military mission will end in 2011," Cannon told reporters.

He said the government is looking at non-military roles past that deadline.

Speculation has been rife about what Canada would do in Afghanistan after 2011. The government has said recently that all military options are off the table, including combat, further training of Afghan forces and maintaining a provincial reconstruction team in Kandahar.

The Opposition and analysts have called for a public discussion on what Canada could do in Afghanistan after 2011. Training the Afghan National Army is one possibility because the NATO-led mission has a shortage of such military instructors.

THE CANADIAN PRESS

MORE COVERAGE, PGS 6, 7

Global security talks ahead of G8

• Jolted by yesterday's deadly Moscow subway attacks, G8 foreign ministers gathering near Ottawa to discuss global security, quickly cast a suspicious eye to the terror haven on the Afghanistan-Pakistan border. Attending the Canadian-hosted Arctic meeting ahead of the G8, Russian Foreign Minister Sergey Lavrov said that he could not rule out that the Moscow attacks were planned from abroad.

ShareYourViews
ottawaletters@metronews.ca

More aid for Ontario students

EDUCATION College and university students in Ontario will get more financial aid and more flexibility on loan repayment options as the province moves to increase new post-secondary spaces this fall.

The changes to the Ontario Student Assistance Program include 1,000 new graduate scholarships, a new grant for part-time students and additional support for married students or those with children. The Ontario Student Opportunity Grant threshold, which caps annual student debt, will increase to $7,300 from $7,000 for a two-term academic year, the first increase in 12 years.

Students will also be allowed to keep more of the money they earn from part-time jobs and will get a no-interest period on student loans for six months after graduation.

The changes, which provide details of an $81-million plan promised in the fall economic statement, will improve assistance for about 188,000 students.

The tuition fee framework is also being extended for two more years, limiting tuition fee increases to an average of five per cent annually.

The Ontario Undergraduate Student Alliance, which represents more than 140,000 university students, welcomed the move, calling it a "huge step forward for students relying on government aid to access higher education."

The alliance says the changes mean the weekly loan limits will increase to $150 from $140 per week. They also tie the maximum assessment for textbook and supplies costs to the rate of inflation.

"The sustained regulation of tuition fees is promising, however, students in Ontario continue to pay the highest fees in the country," said OUSA executive director Alexi White.

THE CANADIAN PRESS

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Local

Dryer fire causes $11K in damage

A fire that started in a clothes dryer vent and spread inside a wall caused $11,000 in damages at a two-storey, semi-detached house at 311 Arthur Lane S. Sunday night. A dozen firefighters with three trucks responded to the call at 8:16 p.m., said platoon Chief Dennis Gobey. There were no injuries. Damages were $10,000 to the building and $1,000 to the contents. The cause of the fire has yet to be determined.

METRO OTTAWA

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Pedestrian in serious condition

COLLISION A 41-year-old male pedestrian suffered serious head injuries, a collapsed lung, fractured collarbone and ribs and facial injuries after being struck by a vehicle in New Edinburgh yesterday morning.

Paramedics were called to Beechwood Avenue near Springfield Road just before 6:30 a.m., where they found an unconscious man.

He regained consciousness and was taken to hospital, where he is in serious condition.

Police are investigating.

TRACEY TONG/METRO OTTAWA

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What's online today.

Local Ottawa Fashion Week closes at the Exchange Pub-Restaurant at **metronews.ca/local**

Video Hillary Clinton walked out of an Arctic summit at **metronews.ca/canada**

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Watson defends Toronto-based fundraiser

TIM WIECLAWSKI
tim.wieclawski@metronews.ca

A fundraising event in Toronto for mayoral candidate Jim Watson is completely within the rules of municipal campaigns, though he would rather see the city's campaign rebate program restricted to Ottawa residents.

The $300-per-ticket April 6 event has raised some alarm, since any person attending the event is eligible for a $187.50 rebate from the city. Corporate and union donations do not get a rebate. Many of the people attending the event are friends, said Watson, who are from Ottawa and now happen to live in Toronto, who would like to donate to his campaign.

"Most of the people are coming through their companies, not through personal cheques, so they are not even going to be eligible for the rebate," said Watson.

Watson said his preference is that the campaign rebates be just for people in Ottawa, but that was a decision made by city council.

Bay Ward Coun. and mayoral candidate Alex Cullen said soliciting funds from residents outside of Ottawa was not the intent of the program. Cullen also suggested that the program be restricted to Ottawa residents. Watson pointed out that in the previous election Mayor Larry O'Brien received at least $5,850 from donors who listed addresses in the Greater Toronto Area.

O'Brien even had three corporate donations from business with addresses listed in Quebec. Under the municipal act, businesses can donate to campaigns in Ontario as long as they operate within the province.

O'Brien will not comment until he has decided whether or not to seek re-election. However, Cullen said he received a call from O'Brien recently, with the mayor encouraging him to do something about Watson's event.

"If someone else brought it to my attention I would have done the same thing anyway. It doesn't matter that it was Larry, but it makes for a cute story," Cullen said.

"I find it a bit of a bizarre situation, the two of them conspiring together," Watson said.

"It's quite ironic to see them working together for the first time."

TRACEY TONG/METRO OTTAWA

World Wildlife Fund administrator Ximena Salcedo and WWF mascot Panda (Alison Sheepway) rally outside Parliament Hill yesterday. In the wake of a successful Earth Hour event Saturday, the WWF wants climate change to be discussed at the G8 summit.

Climate action support 'huge': WWF

G8 Over the weekend, more than one billion people took part in the World Wildlife Fund's Earth Hour initiative.

That's why it's incongruous, said the WWF, that the G8 not put action against climate change on the table.

A group of protesters descended on Parliament Hill to ask G8 summit foreign ministers meeting in Chelsea to discuss the agenda for June's G8 summit yesterday to talk about climate change.

"The success of Earth Hour year after year shows that Canadians want their government to put greening the economy on the table here at home and when it is a player on the world stage," said Keith Stewart, climate change director at WWF-Canada.

"There seems to be a bit of a disconnect between this huge groundswell of public support and what's happening at the political level," Paulette Roberge, a spokesperson with WWF-Canada in Ottawa said yesterday.

"There's too much discussion (on climate change) and no consensus on how to approach it. It has to be discussed at a political level," she said.

The World Wildlife Fund said Canada remains one of the only countries yet to announce its contribution to help poor countries tackle climate change announced as part of the Copenhagen Accord.

TRACEY TONG/METRO OTTAWA

Study to host input on bridge crossing

TRACEY TONG
tracey.tong@metronews.ca

FORUM Area residents can give their input into the Interprovincial Crossings Environmental Assessment Study this week. Today and tomorrow, public consultation sessions will be held in Ottawa and Gatineau.

The study assesses three potential interprovincial bridge locations in the region's east end, including Kettle Island, Lower Duck Island and Gatineau Airport/McLaurin Bay, and the corridors leading to and from them. It's being led by the National Capital Commission, the Ontario Ministry of Transportation and the ministère des Transports du Québec.

A new bridge will be essential in helping to alleviate transportation issues and will also be a major facilitator for a more integrated economy between both cities.

Where and when

- The consultation sessions are scheduled for Ottawa City Hall from 4-9 p.m. today and the Maison du Citoyen from 4-9 p.m. tomorrow.

Greg Ross eyes Bay Ward run

ELECTION There will be no shortage of options for voters in Bay Ward this October. Greg Ross, a former information officer with Transport Canada, has announced his intention to run in the ward.

Ross was the president of the Queensway Terrace North Community Association and a former PSAC local officer. Ross is a proponent of the light rail transit plans and has stated that he "plans to build on the work of current Bay Ward Coun. Alex Cullen and continue the tradition of progressive-minded representation provided by the current councillor."

Mark Taylor, Ike Awgu, George Guirguis and Peter Heyck have already registered in the ward.

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$175K raised for humane society animals
The sixth annual FurBall raised $175,000 for the animals at the Ottawa Humane Society Saturday. The funds will help more than 11,000 animals in the coming year. METRO OTTAWA

Red light runners, restraint use on police radar in April

SPOT CHECKS Police are cracking down on red light runners and those who fail to use seatbelts or comply with child car seat requirements next month.

Ottawa public health nurses and police will be setting up roadside spot checks throughout April. The inspections will ensure that all vehicle occupants are wearing their seatbelts, and booster and child car seats are suitable and properly installed.

From 2004 to 2008, 24 people were killed and more than 400 injured in Ottawa as a result of not wearing vehicle restraints.

In 2008, there were four deaths and 375 injuries due to drivers failing to stop at red lights.

TRACEY TONG/METRO OTTAWA

News in brief

ROBBERY Police are investigating after a victim was robbed by a man armed with a kitchen knife Sunday night. At 11:40 p.m., a man approached the victim in the area of the Elmvale Acres transit station and demanded cash and a cellphone. Police seek a white male in his early to mid-20s, about six feet tall with an average build.

TRACEY TONG/METRO OTTAWA

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Hopes riding on faster car

Carleton team eyes top-10 finish in engineering contest

MIRANDA MINASSIAN
for Metro Ottawa

Lighter and faster, the Carleton University Ravens racing team's 2010 race car is more likely to go the distance for its young designers than in the past.

The team unveiled its entry for the 2010 Formula SAE competition yesterday.

The design and construction of the car is part of the fourth-year engineering curriculum that sees students build a race car off the previous year's design.

"Ultimately, we would love to win the competition," said driver Mike Behring. "But our big goal this year is to place top 10."

In previous years, the Carleton car has failed to finish the endurance race, leading this year's team to focus on testing.

"We are attempting to close the design loop," said Pat Troy, engine and electronic specialist. "We designed the car based on principles ... We are definitely expecting to finish this year."

Along with the renewed emphasis on testing, this year's team shaved 10 pounds off the 2009 entry, giving the lighter car a powerful advantage.

"We are in the process of phasing out the steel and moving towards carbon fibre," said team member Jossip Deronja. "You always strive to have something more lightweight."

The team also used the unveiling to announce that it had designed a hybrid car for next year's engineers to build.

"The industry is shifting towards hybrids. We are just trying to keep up," said Behring.

The Formula SAE is the largest post-secondary engineering competition in the world, with more than 120 schools from all over the world participating. This is Carleton's 11th straight year participating in the competition.

MIRANDA MINASSIAN/FOR METRO OTTAWA

Driver Mike Behring, centre, poses with the Carleton Ravens racing team, which unveiled its custom-built entry for this year's Formula SAE race. The race is the largest post-secondary engineering competition in the world.

VOLUNTEERS NEEDED FOR DEPRESSION RESEARCH

Psychiatrists at the Ottawa Psychopharmacology Clinic are currently conducting a research study of an investigational medication for depression. The purpose of the study is to further our knowledge about the possible treatment of depression. Study duration is initially 8 weeks with possible continuation of up to 16 weeks in total. Included are a physical exam, blood tests and a psychiatric interview. All information provided will be treated in strictest confidence. To volunteer, you must be 18-70 years of age, not currently in psychiatric treatment (unless you are being referred by your treating doctor), have no drug or alcohol problems and be in generally good physical health.

	YES	NO
I am feeling sad and depressed	■	■
I am having difficulty sleeping	■	■
I am feeling low in energy and slowed down	■	■
My appetite has changed	■	■
I am experiencing feelings of guilt	■	■
I have lost interest in work and pleasurable activities	■	■
I feel hopeless about the future	■	■
I feel tense and anxious	■	■
I am having difficulty making decisions	■	■
I am having trouble concentrating	■	■

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Newfoundland dips into deficit
Newfoundland and Labrador will dip into deficit for a second straight year with a budget that promises big spending on children and health care as it racks up debt. THE CANADIAN PRESS

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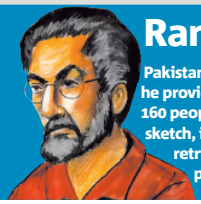

Rana pleads not guilty to U.S. charges

Pakistani-Canadian terror suspect Tahawwur Hussain Rana has pleaded not guilty to U.S. charges he provided material support to terrorists for the 2008 Mumbai terror attack that killed more than 160 people, during a pre-trial court appearance yesterday in Chicago. Rana, seen in this courtroom sketch, is being prosecuted on multiple terrorism-related charges for allegedly planning a violent retribution against the workers of Jyllands-Posten, the Danish newspaper that controversially published cartoons of the Prophet Mohammed in 2005. THE CANADIAN PRESS

Comic's attack out of jurisdiction: Lawyer

Probably no one thinks now that an ugly exchange comedian Guy Earle had with lesbian Lorna Pardy and her friends at a Vancouver comedy club three years ago was very funny.

Earle, volunteer master of ceremonies at Zesty's restaurant's open-mic comedy night, called Pardy and her two friends "dykes," among other things, and made explicit suggestions about their sexual practices apparently because he thought they were being disruptive.

But the Ontario funny man's lawyer says Pardy's wounded feelings aside, Earle's expletive-laced attacks are outside the jurisdiction of British Columbia's Human Rights Commission and the commission proceedings that began yesterday could have a chilling effect on artistic expression. "It's absolutely a comedy show," said James Millar outside the hearing. "That's a smackdown of a heckler."

Millar withdrew from a the human rights tribunal on its first day. The tribunal is hearing Pardy's complaint that Earle's comments about the group's sexual orientation were discriminatory under a section of the B.C. Human Rights Code covering service in businesses. Millar was protesting a decision by tribunal adjudicator Murray Geiger-Adams to hear evidence in the case before deciding whether the tribunal actually had jurisdiction over the issue. That decision, Millar told Geiger-Adams, made the hearing essentially illegal.

"As a lawyer, I'm in a situation where I'm saying this tribunal is proceeding against the rule of law," Millar said.

THE CANADIAN PRESS

Earle

- Earle, who lives in Georgetown, Ont., and did not attend the hearing for financial and family reasons, agreed with Millar's decision, the lawyer said.

Halifax **Ride the Cyclone**

ANDREW VAUGHAN/THE CANADIAN PRESS

A Canadian military CH-148 Cyclone conducts training exercises with HMCS Montreal in Halifax harbour yesterday. The Cyclone will replace the CH-124 Sea King as Canada's main ship-borne maritime helicopter.

Try foreign torturers, court hears

LAW Canada should allow lawsuits against foreign officials accused of torture by people living in the country, an Ontario court heard yesterday.

Amnesty International and the Canadian Centre for International Justice argued there should be no immunity for those accused of torture, war crimes, genocide or crimes against humanity.

THE CANADIAN PRESS

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Canada Lithium CEO sees soaring demand as electric vehicles gain popularity

Demand for high-grade lithium used in rechargeable batteries could soar by as much as 150 per cent over the next six years if projections for electric vehicle sales are correct, says the CEO of Canada Lithium Corp. THE CANADIAN PRESS

ADRIAN WYLD/THE CANADIAN PRESS

As part of the federal government's overhaul of the refugee system, Immigration Minister Jason Kenney announced yesterday that Canada will accept 2,500 extra refugees from overseas refugee camps approved by the United Nations. Ottawa will also provide $9 million more in funding.

More room, and cash, for refugees

Immigration Minister Jason Kenney is kicking off a major overhaul of the country's refugee system by increasing the number of people Canada accepts from UN-designated refugee camps overseas.

Kenney said Canada is now prepared to accept 2,500 extra refugees selected by the United Nations, bringing its annual total to 14,500 coming from refugee camps and urban slums.

"Millions of people have fled violence and persecution to seek refuge outside their home countries and we would like to do more to provide them with protection in Canada," Kenney said in a statement.

The government will sponsor 500 of the new places. The other 2,000 will be under the Private Sponsorship of Refugees Program, which allows church and community groups as well as individuals to bring in designated refugees.

Ottawa will also increase funding to resettle this group, adding $9 million a year to an existing budget of $45 million — the first permanent funding increase in a decade.

THE CANADIAN PRESS

Mounties round up four suspects in Ponzi scheme

ARRESTS Calgary RCMP have charged four people after a five-year investigation into what they said was a $60-million Ponzi scheme that victimized more than 1,000 people across North America.

"There are no wounds that show on the outside, but on the inside, some people certainly have been crippled," said Staff-Sgt. Dale Glydon of Calgary RCMP commercial crime section. THE CANADIAN PRESS

Nearly 20 years later, Canada done in Bosnia

PEACEKEEPING Canada has completed its nearly two-decade peacekeeping mission in Bosnia, where around 40,000 Canadian troops have served.

The ceremony was held yesterday at Camp Butmir in Sarajevo for the nine remaining Canadians.

The first Canadians came as UN military observers in 1991. Later, more Canadian troops came as part of the 60,000-strong NATO-led force that deployed at the end of 1995 to enforce the peace agreement that ended the war. THE ASSOCIATED PRESS

SEAN KILPATRICK/THE CANADIAN PRESS

U.S. Secretary of State Hillary Clinton has criticized Canada for its approach to a summit of Arctic coastal countries.

Clinton blasts Canadian summit

CRITICISM U.S. Secretary of State Hillary Clinton left a summit of Arctic coastal countries yesterday after criticizing Canada for not inviting all those with legitimate interests in the polar region.

Clinton didn't attend the news conference at the end of the one-day meeting of five foreign ministers after saying she'd been contacted by indigenous groups disappointed they weren't invited.

Clinton also said Arctic states Sweden, Finland and Iceland were similarly concerned they were given the cold shoulder.

"Significant international discussions on Arctic issues should include those who have legitimate interests in the region," Clinton said.

"And I hope the Arctic will always showcase our ability to work together, not create new divisions."

Earlier, Norway's foreign minister said Canada and its polar allies must work with Russia to solve Arctic disputes.

"We sometimes analyze Russia with old mental maps, with the mental maps of the Cold War," Jonas Gahr Store said.

"But I think updating mental maps ... analyzing it coolly is the responsibility of modern government."

THE CANADIAN PRESS

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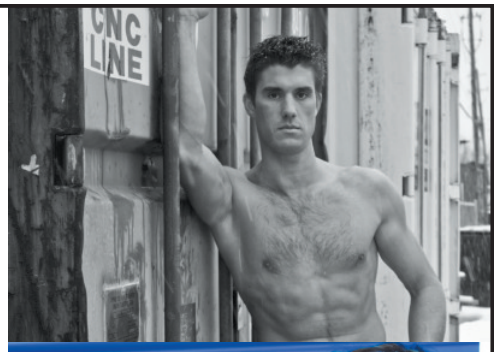

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Dogs spook sheep, send them running to their demise
Police say 67 sheep died when a pair of dogs attacked them and sent them fleeing into the path of a freight train in southwestern Germany. THE ASSOCIATED PRESS

World

U.S. militia members charged in attack plot

Nine alleged members of a Christian militia group that was girding for battle with the Antichrist were charged yesterday with plotting to kill a police officer and slaughter scores more by bombing the funeral — all in hopes of touching off an uprising against the U.S. government.

Seven men and one woman believed to be part of the Michigan-based Hutaree were arrested over the weekend in raids in Michigan, Indiana and Ohio, and another was still being sought.

FBI agents moved quickly against the group because its members were planning an attack sometime in April, prosecutors said.

Authorities seized guns in the raids but would not say whether they found any explosives.

The arrests have dealt "a severe blow to a dangerous organization that today stands accused of conspiring to levy war against the United States," Attorney General Eric Holder said.

Authorities said the arrests underscored the dangers of homegrown right-wing extremism of the sort seen in the 1995 Oklahoma City bombing that killed 168 people.

In an indictment unsealed yesterday, prosecutors said the group began military-style training in the Michigan woods in 2008, learning how to shoot guns and make and set off bombs.

David Brian Stone, 44, and one of his sons were identified as the ringleaders of the group. Stone, who was known as "Captain Hutaree," organized the group in paramilitary fashion and members were assigned secret names, prosecutors said. Ranks ranged from "radoks" to "gunners," according to the group's Web site.

THE ASSOCIATED PRESS

After health-care reform victory, emboldened Obama standing tall abroad

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Somalia **Protesting extremists**

FARAH ABDI WARSAMEH/THE ASSOCIATED PRESS

Somali demonstrators hold placards reading "Fight Those who dug our Clerics' graves" as they march in Mogadishu, Somalia, yesterday. Hundreds of women and children took to the streets in the government-controlled southern part of the capital to protest the actions of al-Qaida-linked groups in their country.

UN condemns Moscow terror attack

UNITED NATIONS The UN Security Council yesterday strongly condemned the terrorist attacks on Moscow's subway as "an unjustifiable crime." The UN's most powerful body approved a statement hours after yesterday morning's twin suicide bombings that killed at least 38 people and wounding more than 60 calling terrorism "one of the major threats against international peace and security."

Chechen militants are suspected in the bombings, carried out by two female suicide bombers.

The council expressed determination "to fight against all forms of terrorism," stressing that "any terrorist attack is an unjustifiable crime whatever the motives, the time, the place or the authors."

THE ASSOCIATED PRESS

News in brief

MASSACHUSETTS Nine teens have been charged in the "unrelenting" bullying of a teenage girl from Ireland who killed herself after being raped and enduring months of torment by classmates in person and online, a prosecutor said yesterday. District Attorney Elizabeth Scheibel said 15-year-old Phoebe Prince was stalked and harassed nearly constantly from September until she killed herself Jan. 14.

THE ASSOCIATED PRESS

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Ecuador	12.9 ¢	Honduras	15.9 ¢
El Salvador	9.9 ¢	Iraq	from 4.9 ¢
Jamaica	8.9 ¢	Israel	2.9 ¢
Jordan	3.9 ¢	Italy	2.9 ¢
Kenya	from 6.9 ¢	Russia	from 2.9 ¢
Kuwait	6.9 ¢	Saudi Arabia	from 3.9 ¢
Lebanon	9.9 ¢	South Korea	2.9 ¢
Libya	24.9 ¢	Sri Lanka	11.9 ¢
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'World's largest scientific experiment' ready

The world's largest atom smasher is ready to start a new era of science, colliding beams of protons to learn more about the make up of the universe and its particles. Dubbed the world's largest scientific experiment, the $10-billion Large Hadron Collider holds the promise of revealing details about theoretical particles, scientists say. THE ASSOCIATED PRESS

News in brief

EXTRADITION A U.S. federal appeals court has ruled that a Pennsylvania woman charged in her husband's death during a hunting trip should be extradited to Canada to stand trial. Mary Beth Harshbarger maintains she thought she was shooting a bear when she fired the shot that killed her husband, Mark, during a 2006 hunting trip. Canadian officials have charged the woman with criminal negligence causing death for the shooting near Buchans Junction, Newfoundland.

PALIN Former U.S. vice-presidential candidate Sarah Palin had some harsh words for her detractors in the health-care debate with a thinly veiled, March Madness-themed Facebook post in which she declared, "never retreat, instead RELOAD!" The title of the former Alaska governor's Facebook post on Sunday was "Warning: Subject to New Politically Correct Language Police Censorship."

SEX The European Union wants governments to impose harsher penalties on human traffickers and child pornography offenders. The European Commission's proposals call on the organization's 27 nations to adopt minimum jail sentences for people convicted of sexual exploitation.

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Sarkozy scolds U.S.

French President opens up during N.Y. visit

With a podium flown in from France and his fingers firmly entwined with those of his smiling wife, French President Nicolas Sarkozy made a splash yesterday even before he opened his mouth for a no-holds-barred speech at Columbia University in New York.

KATHY WILLENS/THE ASSOCIATED PRESS

French President Nicolas Sarkozy and his wife Carla Bruni-Sarkozy arrive at the Carlyle Hotel yesterday in New York for a two-day trip to the United States.

Amid tabloid reports of strains in their marriage, Sarkozy and ex-supermodel Carla Bruni-Sarkozy made every effort to appear the happy couple, walking closely together and clasping hands as they mounted a staircase into an auditorium packed with students, faculty and other spectators.

The French first lady at times threatened to upstage her husband, who scolded his American hosts about health care and for not paying enough attention to the rest of the world.

Sarkozy is in hot water at home. His poll ratings are at record lows of around 30 per cent and there are widening cracks in his conservative party.

In New York, though, he basked in the rapt attention of hundreds of Columbia students and even jettisoned a prepared speech.

"Speeches kill off creativity," he said. "I'm going to speak from the heart."

And he did.

"Welcome to the club of states who don't turn their back on the sick and the poor," Sarkozy said, referring to the U.S. health care overhaul signed by President Barack Obama last week.

From the European perspective, he said, "when we look at the American debate on reforming health care, it's difficult to believe."

"The very fact that there should have been such a violent debate simply on the fact that the poorest of Americans should not be left out in the streets without a cent to look after them ... is something astonishing to us."

Then to hearty applause, he added: "If you come to France and something happens to you, you won't be asked for your credit card before you're rushed to the hospital." THE ASSOCIATED PRESS

Boy, 12, to stand trial as adult in death of pregnant woman

KILLING A boy who was 11 when he was accused of killing his father's pregnant fiancée with a shotgun blast to the back of her head as she lay in bed will be tried as an adult in the death of both the woman and the fetus, a judge ruled yesterday.

Jordan Brown, now 12, is charged with criminal homicide in the death of 26-year-old Kenzie Marie Houk in their farmhouse in western Pennsylvania, on Feb. 20, 2009. Houk was 8½ months pregnant; the male fetus died from a resulting lack of oxygen.

"This offence was an execution-style killing of a defenceless pregnant young mother. A more horrific crime is difficult to imagine," Lawrence County Judge Dominick Motto wrote in his opinion refusing to move the case to juvenile court.

If found guilty, the boy could be convicted of anything from involuntary manslaughter to first-degree murder under Pennsylvania's homicide law.

THE ASSOCIATED PRESS

Canwest gets extention
Canwest Global Communications Corp. says the Ontario Superior Court of Justice has extended the media company's creditor protection from bankruptcy until June 15. Canwest filed for protection from bankruptcy last fall after amassing $4 billion in debts and getting squeezed by the recession-induced slump in advertising revenues. THE CANADIAN PRESS

Business

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EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Strategy a mistake: TD

Economists and business leaders are warning the federal Liberals that they are about to repeat Stephen Harper's mistake in proposing to scrap billions of dollars in scheduled corporate tax cuts.

The federal Conservatives' two-point cut of the GST made for good politics but bad economics, economists have long complained.

Now they say Liberal Leader Michael Ignatieff is also attempting to take the easy political route in trying to raise an estimated $6 billion in additional revenue, buying future votes at the expense of the long-term health of the economy.

Don Drummond

On Sunday, Ignatieff said a Liberal government would freeze the corporate tax rate at 18 per cent, indefinitely deferring a planned cut to 15 per cent until it's affordable.

But TD Bank chief economist Don Drummond said yesterday there is almost universal agreement among experts that the most destructive taxes are those on corporations and the least are sales taxes.

In 2006, the Tories cut the GST rather than what economists say would have been preferable — reducing income levies, particularly on lower-earning Canadians.

The moves proposed by Ignatieff would take billions of dollars from a corporate sector that is just emerging from a deep recession and needs the money to invest and modernize, economists said.

Canadian Chamber of Commerce president Perrin Beatty said the federal Liberals sprang the proposal without consulting with the business community beforehand.

"It was a surprise and an unpleasant one," he said. "We will be following up with them to express our deep concern about this."

It is furthermore unclear whether Ottawa would gain as much as the Liberals believe, said Toronto-area economic consultant Dale Orr.

THE CANADIAN PRESS

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Mortgage rates rise

BANKING Two of Canada's biggest banks are increasing some of their residential mortgage rates effective today, in the latest sign that the era of historically low rates could soon come to an end.

The changes affect closed mortgages with terms of three, four and five years at RBC Royal Bank and TD Canada Trust. Rates for mid-term mortgages like these tend to reflect the banks' borrowing costs on bond markets.

The biggest increase announced yesterday affects five-year mortgages. Both banks are hiking their posted rate by six-tenths of a per cent to 5.85 per cent from 5.25 per cent.

A homeowner taking on a mortgage of $250,000 at the new rate of 5.85 per cent over a 25-year amortization period would pay $1,577 per month. Prior to today's hike, that mortgage would have cost $1,489 a month, or $88 less. THE CANADIAN PRESS

Rio Tinto fires four

LEGAL Unexpectedly harsh jail sentences of seven to 14 years for four Rio Tinto employees charged with taking bribes and stealing commercial secrets could augur tougher times for foreign companies and errant executives in China's unruly business world.

Seeking to protect its business ties from what it termed the men's "deplorable behaviour," the mining giant promptly fired all four. The court's rulings against Australian citizen Stern Hu — sentenced to 10 years — and three Chinese co-workers suggest authorities are taking a sterner stance toward foreign companies.

THE ASSOCIATED PRESS

Self-employment increases

ECONOMY A new study says self-employment rose substantially during the recent economic downturn, while paid employment declined.

Statistics Canada says layoffs among paid workers might account for some of the increase in self-employment, but not all of it.

The agency reports self-employment increased by more than 100,000, or 4.3 per cent, between October 2008 and October 2009.

Meanwhile, paid employment fell by 480,000, or 3.3 per cent.

StatsCan says 28 per cent of recently laid-off paid employees came from manufacturing industries while many of the newly self-employed were in services. THE CANADIAN PRESS

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Cars **Hybrid agreement**

AP PHOTO/SHIZUO KAMBAYASHI

Toyota Motor Corp. Vice President Takeshi Uchiyamada, left, and Mazda Motor Corp. Vice President Masaharu Yamaki during a joint press conference yesterday in Tokyo, Japan. The two announced that Toyota will provide its key gas-electric hybrid technology to Mazda under a licensing agreement.

Your Money

Claiming home reno tax credit

AlisonOnMoney

As the April 30 federal tax deadline draws near, the hunt for deductions intensifies. One sweet gimme from Ottawa is the 2009 Home Renovation Tax Credit.

In order to be eligible for the credit, materials must have been paid for and work completed by the deadline. If a job straddled the deadline, whatever you paid up to Feb. 1 is claimable. However, if you have been billed by a contractor before the deadline but didn't pay until after you can still claim the amount. But deposits on work not yet begun or product not acquired, i.e. in your hands doesn't count.

Renovations to income property, whether it is a separate premises or part of the one you live in, won't qualify. Also, work can't have been done by a relative.

If your spending didn't hit the $15,000 mark to claim the maximum grant here are a few things you might be overlooking: Permits; equipment rental; air conditioning; and even in-ground swimming pools all qualify. Some window treatments are eligible if they are considered permanent fixtures.

And don't forget materials for DIY jobs from lumber and tile to paint and nails. But if you bought tools in order to install your own toilet they, unfortunately, don't have the HRTC green light.

I expect the HRTC is going to be high on the CRA's radar. Make sure you have official proof of payment. For information go to cra-arc.gc.ca and search HRTC.

Alison Griffiths is a financial journalist, author and host of Maxed Out on the W Network. Write to her at griffiths.alison@gmail.com.

Preventing ID theft

HEATHER BUCHAN
For Metro Canada

Identity theft costs the Canadian economy $2.5-billion a year, according to the Canadian Council of Better Business Bureaus. It is essentially the unauthorized possession, trafficking, or use of someone else's personal information.

Fraud Prevention

Fraudsters steal people's personal information in order to access bank accounts, transfer bank balances into their own accounts, apply for loans or credit cards under someone else's name, make purchases on someone else's card, receive government benefits under someone else's name and obtain passports under someone else's name.

If any of this happens to you, you'll be left with bills, charges, bad cheques and taxes that you must prove aren't yours. Identity thieves want following information: Your name, date of birth, Social Insurance Number, full address, mother's maiden name, and your signature as well as your driver's license number, PIN, credit card info (expiry dates and last three digits), passport number, and bank account numbers.

For more information on your privacy rights, call the Office of the Privacy Commissioner of Canada at 1-800-282-1376.

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Comment

Tories seeking Grit knockout blow

Stephen Harper's chutzpah. There's nothing like it. Remember his election-finance manoeuvre of some time ago, the one that stank the joint out, almost toppling his government?

It's back. The Conservatives have confirmed that the measure, which would eliminate the per-vote subsidy that political parties receive, will be part of their next election platform.

It's not such a dangerous time to reintroduce the plan. Still, one would think the prime minister wouldn't want anyone to be reminded of it.

But he faces no challenge within the Conservative party. In popularity, he is running behind his party. According to the latest poll, his job approval rating is only 29 per cent. The party stands at 35 per cent. But there is no heir apparent, so this doesn't matter.

What matters is Harper's determination to cripple the Liberals. He sees cancelling public funding, which was included in his budget update package in November 2008, as one of the principal ways. Take away the subsidy and it gives his Tories a big advantage because they are much better at fundraising. For example, in 2009, according to Elections Canada, the Conservatives raised almost $18 million, the Liberals just more than $10 million. They were followed by the NDP with $4 million.

Money is key, not just at election time. Deep pockets allowed the Conservatives, among other things, to run effective attack ads against Stéphane Dion and Michael Ignatieff. The Grits didn't have enough swag to respond in kind.

The Tories don't have to worry that the opposition parties will rush to form a coalition to block the funding measure this time. The Governor General wouldn't turn power over to a coalition at this stage. There would have to be an election, one Harper would probably win.

Putting the funding measure in the campaign platform is the smart way to go about achieving the change. This way, the Tories can slip it in under the radar. It won't be a major campaign issue and if it does come up, they can argue that in difficult economic times, the public should not be funding political parties.

Opposition parties argue that a return to private financing of parties opens the doors to all kinds of abuses, some of which are seen in the U.S. system.

But it's doubtful they would be complaining if they knew how to raise money like Harper and company.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.

Views

Boomer onslaught threatens health care

For decades, baby boomers have had a profound impact on just about every aspect of society, from art and popular culture to politics and economics.

Now, the demographic bulge that makes up close to one-third of Canada's population is getting old, and it's about to train the full force of its neediness on one of our most treasured institutions — the health-care system. The question is: Will the effect be merely great, or will this increasingly decrepit horde cause the collapse of health care, producing a tsunami across the economy? The answer is buried in the contradictory nature of the boomers themselves. They simultaneously defy traditional notions of aging, yet feel completely entitled to impose extraordinary demands on the health-care system.

At the onset of senior citizenship, they're far perkier than their parents' generation at the same age. They're generally more active, they're working longer, they're embracing wellness in all its forms, and they can look forward to a steadily expanding life expectancy.

The stakes in the boomer health-care onslaught are high. This year, as the first of the boomers turn 65, Ontario will spend more than 46 cents of every dollar it takes in to fund health care. At the current annual rate of growth, the province will spend 50 cents on the dollar on health care by 2014, and about 66 cents by 2030, when the youngest boomers will hit retirement age.

Ontario isn't alone. Every province faces the prospect that health-care costs will spiral out of control, undermining other priorities.

Obviously much needs to be done to better manage the health-care system, to make it more efficient and effective. But much depends on baby boomers' attitudes and behaviour.

To the extent that boomers stay active, follow balanced diets and avoid bad habits, the risks will be mitigated. The same goes for proactive screening to detect conditions before they become serious. Senior boomers who lead healthy lifestyles won't just be helping themselves; they'll be helping all of us. Let's hope they eat their spinach.

Charles Davies is a veteran business writer who has worked for Canadian and international news organizations.

MICHAEL DE ADDER

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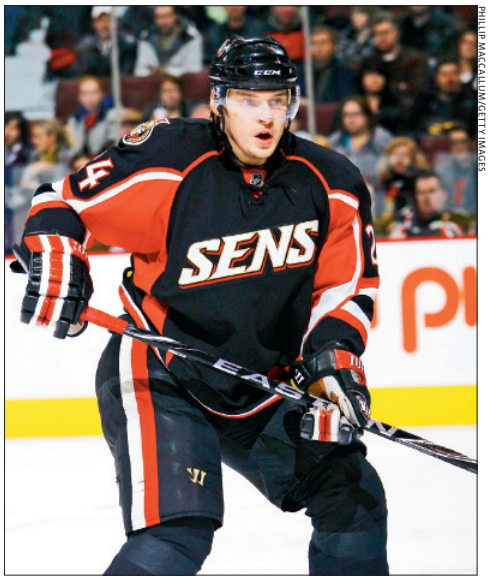
Heat forward apologizes for racy photos
Miami Heat forward Dorell Wright says he is "embarrassed" that explicit photos of himself have been posted on the Internet. Though the team, Wright issued an apology yesterday, saying the matter "is something I truly regret." THE ASSOCIATED PRESS

Sports

Roethlisberger skips workouts

Steelers quarterback Ben Roethlisberger, left, accused of assaulting a female college student in Georgia, did not report to the team's off-season workouts. Team spokesman Dave Lockett said Roethlisberger will not work out with his teammates this week. The team apparently believes it would be a distraction for Roethlisberger to be working out at this time. THE ASSOCIATED PRESS

EDITOR: DON.MCHOULL@METRONEWS.CA



PHILLIP MACCALLUM/GETTY IMAGES

The Senators learned yesterday that injured defenceman Anton Volchenkov won't be out of the lineup for long.

Good news for Senators, Volchenkov

The Senators dodged a bullet yesterday when an injury to top defenceman Anton Volchenkov suffered on the weekend turned out not to be serious.

Ottawa can breath easier over the status of Volchenkov, who left Saturday's 3-2 victory over the Florida Panthers after suffering an upper-body injury in a collision with teammate Andy Sutton.

The burly Russian didn't practise yesterday and is expected to sit out today's game, but the injury isn't believed to be anything that could keep him out of the lineup on a long-term basis.

"He shouldn't be much longer than tomorrow night," Senators coach Cory Clouston said.

That's good news for Ottawa as it gears up for a return to the playoffs after missing out last year.

It should help goaltender Brian Elliott, in particular.

The steady work of Volchenkov, one of the league's top shot blockers and a fierce bodychecker, helped Elliott earn the NHL's first star of the week yesterday after backstopping the Senators to four straight wins, posting a pair of shutouts along the way.

"Any time your team does well, as a goaltender, you get recognition," Elliott said of the honour. "But it goes both ways, too, so you try to keep it in perspective and hopefully keep this winning streak going."

With Volchenkov out, defenceman Brian Lee was recalled from Binghamton of the American Hockey League yesterday. THE CANADIAN PRESS

Michalek

- Sen's coach Cory Clouston said left-winger Milan Michalek, who's tied for the team lead in goals with 22, is nearing a return from a knee injury that's kept him out of the last six games. He also said that defenceman Filip Kuba, who's missed 12 of the past 13 contests with a lower-body injury, is nearing a return.

SCOREBOARD

NHL

YESTERDAY'S RESULTS

Buffalo 3 Boston 2
Carolina 4 Atlanta 1
Nashville 3 Florida 2 (OT)
Los Angeles at Minnesota
Dallas at Anaheim

OVERALL STANDINGS
EASTERN CONFERENCE

	GP	W	L	OL	GF	GA	Pt
z-Washington	75	49	15	11	292	214	109
dx-Pittsburgh	76	44	25	7	237	217	95
dx-Buffalo	75	42	23	10	215	189	94
x-New Jersey	75	44	26	5	203	183	93
OTTAWA	**76**	**41**	**30**	**5**	**205**	**216**	**87**
Philadelphia	76	38	32	6	221	210	82
Montreal	76	37	31	8	204	208	82
Boston	75	34	29	12	190	189	80
Atlanta	76	33	31	12	224	240	78
NY Rangers	75	33	32	10	197	203	76
Carolina	76	32	35	9	210	236	73
NY Islanders	75	31	34	10	196	232	72
Tampa Bay	75	30	33	12	197	237	72
Florida	75	30	33	12	195	220	72
Toronto	76	28	35	13	202	250	69

WESTERN CONFERENCE

	GP	W	L	OL	GF	GA	Pt
dx-San Jose	76	47	19	10	247	198	104
dx-Chicago	74	46	21	7	241	191	99
d-Vancouver	75	45	26	4	244	195	94
x-Phoenix	76	47	23	6	210	187	100
Nashville	77	44	27	6	214	212	94
Detroit	75	39	23	13	207	197	91
Los Angeles	74	42	26	6	216	199	90
Colorado	75	41	27	7	225	207	89
Calgary	76	38	29	9	194	193	85
St. Louis	75	36	30	9	203	205	81
Dallas	75	33	28	14	215	235	80
Anaheim	74	35	31	8	208	226	78
Minnesota	75	36	33	6	205	224	78
Columbus	76	31	32	13	205	244	75
Edmonton	75	24	44	7	190	255	55

x — clinched playoff berth; z — clinched conference; y — clinched division title; d — division leaders ranked 1-2-3 regardless of points.

NBA

YESTERDAY'S RESULTS

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New Jersey 90 San Antonio 84
L.A. Lakers at New Orleans
Denver at Dallas
New York at Utah

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Sports in brief

SOCCER Carlos Tevez's 13-minute hat trick gave Manchester City a 3-0 victory over 10-man Wigan yesterday to stay within two points of the final Champions League place. Liverpool had beaten Sunderland 3-0 Sunday to move to fifth but City reclaimed the position and is two points behind fourth-place Tottenham.

NBA The chief executive of the New Jersey Nets will have lunch with a fan who recently wore a brown bag over his head to protest the team's woeful season. Nets CEO Brett Yormark and Chris Lisi of Middletown, N.J., will sit down for lunch today at the Nets' headquarters.

NASCAR Denny Hamlin surged to the front after a blunder and won the rain-delayed NASCAR race at Martinsville Speedway in a wild finish. The victory was Hamlin's second straight on the shortest, oldest track in the Sprint Cup Series.

BASKETBALL Centre Cole Aldrich, who helped lead Kansas to its sixth straight Big 12 title, is headed for the NBA. The six-foot-11 junior made the announcement in a news conference yesterday. Aldrich averaged 11.3 points and 9.8 rebounds for the Jayhawks, who were the overall No. 1 seed in the NCAA tournament before they were upset by Northern Iowa.

SOCCER Arsenal says captain Cesc Fabregas could still play against Barcelona tomorrow in the Champions League quarter-finals after receiving treatment for bruising on his knee and leg. Arsenal said the Spain midfielder is "fighting to be fit" after being injured in Saturday's 1-1 draw at Birmingham.

BASEBALL Washington Nationals general manager Mike Rizzo said right-hander Stephen Strasburg will make his minor-league debut for double-A Harrisburg against Altoona April 11. Strasburg was optioned to Harrisburg March 20 after going 1-0 with a 2.00 ERA in nine exhibition innings. METRO NEWS SERVICES

Coach not proud of outburst that became online hit

AHL A screaming, stick-breaking meltdown caught on video has turned Jim Playfair into an Internet sensation.

The intense but usually controlled head coach of the American Hockey League's Abbotsford Heat became enraged over the weekend following a call by referee Jamie Koharski during a game against the Hamilton Bulldogs.

A jaw-dropping video on the Internet shows Playfair violently shattering two sticks and ripping off his jacket while screaming at officials.

The video had drawn more than 600,000 views on YouTube as of yesterday afternoon. It even made CNN.

Playfair isn't proud of the outburst but he's not sure he needs to say sorry either.

"It is what it is," a soft-spoken Playfair said yesterday after the Heat practised. "I'm not going to apologize for it.

"It's part of the emotion level you have to have to get to be a professional person. That's what happened."

The former NHL player and Calgary Flames coach seemed composed but uncomfortable in the glare of attention the incident has attracted. He would have rather talked about last night's key divisional game against the Manitoba Moose. Instead Playfair had to find an explanation for something that most people found unexplainable.

"It's not something you are proud of," said the 45-year-old. "It isn't my proudest moment for sure. It's not to the point where it's embarrassing."

An AHL spokesman said Playfair has been fined an undisclosed amount for the incident. THE CANADIAN PRESS

THE CANADIAN PRESS

In this image from a video, Abbotsford coach Jim Playfair throws a tantrum on the team bench after a penalty call.

VideoOnline

Watch a video of Jim Playfair's outburst at metronews.ca/sports

NHL denies report that deal is in place to move Coyotes

LEASE AGREEMENT The NHL is denying a report that it has a deal in place to move the Phoenix Coyotes if a lease agreement at the team's suburban arena isn't reached in the near future.

The report, published in yesterday's online edition of the Phoenix Business Journal, said a deal with Jerry Reinsdorf to buy the Coyotes and keep them in Glendale could hinge on a clause that would allow the owner of the Chicago Bulls and White Sox to move the team if its bottom line doesn't improve.

The report went on to say the NHL is in negotiations with Toronto billionaire David Thomson and Winnipeg-based True North Sports and Entertainment on a backup plan that could see the Coyotes move back to Manitoba's capital.

"At this point in time the National Hockey League has no 'deal' in place to move the Coyotes' franchise to Winnipeg — or to any other city for that matter — in the event a transaction cannot be timely consummated in Glendale," NHL deputy commissioner Bill Daly said in a statement last night. THE CANADIAN PRESS

Winnipeg

- Bill Daly said the league has had discussions with David Thompson and True North Sports about future ownership of a franchise, including the potential return of a team to Winnipeg.

Buy a daffodil and make a difference

This week marks the launch of Daffodil Month, when volunteers from the Canadian Cancer Society start going door-to-door selling daffodils to raise money to eradicate cancer and enhance the quality of life for people living with the disease. cancer.ca. **METRO NEWS SERVICES**

Health & Beauty

EDITOR: EMMA.YARDLEY@METRONEWS.CA

Blossoming beauty

JANINE FALCON
for Metro Canada

With glowing skin, flushed cheeks, airy scents and lush, look-at-me lips, this spring's beauty offering is no wallflower.

ANNA SUI NAIL COLOUR puts flowers at your fingertips with shiny lacquer in her signature floral bottle. $15, Sears.

DAISY GARLAND EDITION evokes fresh air and blue skies with the original's scented heart of gardenia, violet and jasmine in a limited-edition bottle, and bonus paper-daisy garland. $75, drug and department stores.

VICHY LABORATOIRS ESSENTIELLES FACIAL CLEANSER, and **WELEDA WILD ROSE DAY CREAM** puts the bloom in your complexion with soothing rose extracts and nourishing rose-hip oil respectively. $12, drugstores, and $29.49, well.ca.

ELIZABETH ARDEN CERAMIDES PLUMP PERFECT LIPSTICK in **PERFECT TULIP** is a sweetly charming, youthful red for all ages. $28, drug and department stores.

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MAC GIVE ME LIBERTY BEAUTY POWDER and **EYE SHADOW** are part of an exuberant, colourful limited collaboration with boho-chic Brit label Liberty of London. $30 and $17.50 respectively, MAC stores and maccosmetics.com.

QUO JUMBO LIP-GLOSS PENCIL in **PINK PETAL** makes colouring inside the lip lines girly fun. $12 at Shoppers Drug Mart.

CLINIQUE FRESH BLOOM ALLOVER COLOUR lends skin a spring-fresh glow. $38.50, department stores.

GUERLAIN OMBRES PERLÉES NO. 409 is a worth-waiting-for silky shadow quad; it hits counters at the end of this month. $64, Guerlain boutiques, The Bay, Sephora and Murale.

PHYSICIANS FORMULA BAMBOO WEAR refillable powder compact and brush is beautifully eco-responsible in sturdy, sustainable bamboo printed with soy-based ink; the brush is chem-free goat hair with a bamboo handle. $9.79, drugstores.

CRABTREE & EVELYN CRABAPPLE and **MULBERRY TRIPLE MILLED SOAP** are creamy, soft on skin and cheery with fragrant orchard blossoms and fruity mulberry. $8 each, crabtree-evelyn.com.

PHOTOS.COM

Makeup and making out

The J Spot

Josey Vogels

metronews.ca/thejspot

Makeup has been around ever since an early ancestor fell out of the trees and decided clay streaks would be "in" that season. Or as early as 3,000 BCE, if you're fussy about dates.

Throughout history, makeup was a signifier of wealth and status. For example, early aristocrats powdered their faces so their paleness would distinguish them from their sun-weathered, field-working subjects. Predictably, once the poor folk got herded from the fields into the factories, sun tanning became de rigueur.

Wearing makeup is also sexual. According to the book Sexual Secrets: The Alchemy of Ecstasy, "cosmetics and ornaments have played a major part in sexual ritual."

As part of ancient Tantric practices, "the application of coloured cosmetics to various body parts stimulated and concentrates energy there."

In all cultures, the book adds, cosmetics help make the beautiful look exquisite and the ordinary special.

Makeup has also been used historically to indicate sexual availability. In ancient Rome, for example, prostitutes painted their mouths red to indicate that oral sex was on their "will-do" list.

And, in the book The Secrets of Sexual Body Language it states that "makeup mimics the changes that take place in your body when you become sexually aroused. When you're excited, your pupils enlarge — making your eyes look darker and bigger — your cheeks flush and the lips swell and darken."

Perfume's all about sex, too. When we have sex, the body sweats and releases a musky odour. That's why most perfumes are derived from animal scents. You might say it brings out the beast in us. The women of ancient Egypt and Rome knew this.

"In all cultures ... cosmetics help make the beautiful look exquisite and the ordinary special."

"Perfume was used in their hair and on their clothing and furnishings, as well as in baths," the Body Language book tells us. Even as far back as 4,000 BCE, wealthy women were using perfumed oils to anoint their bodies.

And jewellery? Next time you're having sex, watch your partner's earlobes swell. In some parts of Africa, long earlobes are seen as the ultimate standard of beauty, and a girl's earlobes are punctured and stretched systematically to increase desirability.

Back in mid-17th-century Europe, those funny neck ruffles were worn to emphasize a woman's neck. Apparently, some of these collars were so large, it made it almost impossible for her to eat.

It's amazing the lengths we'll go to get some action.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

Got milk?
Cake Milk Made Shower Cream ($22) is like cleaning yourself with the most delicious vanilla milkshake you've ever tasted except without any of the sticky mess. It's also free of parabens and synthetic dyes. Available at Sephora, The Bay and cakebeauty.com. METRO NEWS SERVICES

Breasts are the best for baby

CELIA MILNE
for Metro Canada

If you are breastfeeding or planning to breastfeed, hang in there. A Toronto-based study has found that new moms don't breastfeed as long as they should for the optimal health of their babies.

"The goal is exclusive breastfeeding to six months because we know that confers the greatest health benefit for babies and mothers," says Olga Jovkovic, a registered nurse and manager for Toronto Public Health's Healthy Families program.

But the study, which surveyed 1,518 first-time moms, found that only 17.5 per cent stuck to that goal. Cracked nipples, painful over-swollen breasts and thinking that the baby isn't getting enough milk can derail the efforts.

Breastfeeding is so healthy for babies. It reduces their risk for ear infections, gastrointestinal problems and colds.

It's also somewhat protective against being overweight and developing diabetes later in life.

For moms there are benefits too. It reduces the risk of certain cancers such as ovarian and breast cancer, and also the risk for developing diabetes.

It is recommended by the Registered Nurses' Association of Ontario and all levels of government in Canada, based on medical evidence, that women continue to breastfeed their babies, at least part-time, for at least two years.

The vast majority of women do initiate breastfeeding — 96 per cent, according to the Toronto study.

Most (73 per cent) continued at least some amount of breastfeeding for the next six months. This statistic is much lower in other parts of Ontario, where only about half of moms continued for six months.

Many women worry they don't have enough breastmilk, and start supplementing with formula.

"Most women do in fact have enough milk. They just don't recognize the signs that their baby is getting enough," says Jovkovic.

Breastmilk is digested more easily than any other foods, so babies may wake up more frequently, but this doesn't mean they're not getting enough nutrition.

In fact, waking up — though tiring for the parents — is a good thing because it's protective against sudden infant death syndrome, says Jovkovic.

To gage whether the baby is getting enough nutrition through breastmilk, nurses check how often the baby urinates, whether they seem satisfied after they feed, and whether they're active and alert when they're awake.

In every community, women can reach out for help from public health nurses, lactation consultants, midwives, clinics, and the Laleche league.

From research, experts know when problems such as cracked nipples and painful swollen breasts are most likely to arise, and can educate moms about how to solve them.

Often, it's a question of modifying position and latch, says Jovkovic.

PHOTOS.COM

Breastfeeding your new baby exclusively until they are at least six months old is recommended.

"It reduces their risk for ear infections, gastrointestinal problems and colds ... for moms there are benefits too. It reduces the risk of certain cancers such as ovarian and breast cancer."

Pregnancy is team work

DIET We all know women need their partners to share responsibility and support them throughout pregnancy, be it emotionally or physically.

While couples don't have to gain that baby weight together, eating a healthier diet and strengthening fitness habits is something they can do for themselves and their growing child.

If for nine months men also had to eat kale and desiccated liver and stay clear of chips and chocolate, it would make it easier for women to cope not being able to drink a few glasses of wine or eat soft cheeses whenever she wanted.

ROMINA MCGUINNESS/
METRO WORLD NEWS

Superfood for pregnant women

- **DATES** They're full of minerals.
- **BERRIES** Cherries contain melatonin, which is naturally produced during sleep and helps fight insomnia. Strawberries are also a good option.
- **WATER** Breast milk is 90 per cent water, so keep hydrated.
- **SPINACH** It's full of foliate, iron and potassium, all which help to fight fatigue.
- **YOGOURT** It has more calcium than milk and helps keep a healthy digestive track as well as builds strong bones ... yours and your baby's.
- **WHOLE GRAINS** (brown rice, pasta and bread) Gotta keep that fibre intake up.
- **ALMONDS** Low on the glycemic index, they're a great source of foliate.

ROMINA MCGUINNESS/
METRO WORLD NEWS

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ADVERTISING FEATURE

Revolutionary Probiotic Gum Makes your Mouth a Healthier Place Promises Renowned Microbiologist

We have all heard that the eyes are the windows of the soul. Now a probiotic research scientist from New Zealand is telling us that our mouths are the front door to a lifetime of good health.

"Probiotics are friendly, health-promoting bacteria," says **Professor John Tagg**, a world-renowned microbiologist at the University of Otago in New Zealand. "Everyone knows about the importance of probiotics for the digestive tract. But for good oral health and overall immunity, we also need oral probiotics that are specific to our mouths."

He should know! When Professor Tagg was a boy of 12, he suffered from a strep throat infection that led to an attack of rheumatic fever, a serious condition that can cause permanent heart damage. Consequently, he was on antibiotic drugs for 10 long years. This personal experience inspired him to devote his life to finding friendly probiotic bacteria that prevent strep throat and other infections that enter through the mouth. After many, many years of dedicated research, he discovered BLIS!

BLIS, which stands for Bacteriocin-Like-Inhibitory-Substance is an advanced oral probiotic. **BLIS K12** is a naturally occurring component of the S. salivarius probiotic strain.

"My published research studies show that BLIS K12 controls the undesirable and disease-causing bacteria that cause bad breath, strep throat, thrush, and ear and upper respiratory infections" explains Professor Tagg.

Professor John Tagg

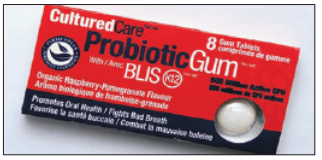
"BLIS K12 probiotic bacteria also promote general oral health and help prevent tooth decay and gum disease." Professor Tagg's BLIS K12 probiotic is now available in Canada as **CulturedCare Probiotic Gum** with BLIS K12. It is made in Canada by **Prairie Naturals**, an established, family-owned nutritional supplement company in BC.

"Gum is an ideal way to `seed` BLIS K12 probiotic throughout the mouth and throat where it will begin to colonize and grow. Chewing just one piece of CulturedCare Probiotic Gum daily provides protection for teeth, gums, throat and ears," says Professor Tagg.

Made with proprietary cold-pressed technology, CulturedCare Probiotic Gum with BLIS K12 contains the therapeutic dosage determined by Professor Tagg`s research. Its potency and purity are confirmed through independent testing in government licensed laboratories in Canada, New Zealand and the US.

"May the BLIS be with you!" This has become the mantra of the professor who discovered the powerful effects of BLIS K12 - a revolutionary probiotic.

For more information about Professor Tagg and CulturedCare Probiotic Gum with BLIS K12, please visit: www.culturedcare.com



CulturedCare Probiotic Gum with BLIS K12 is available at fine natural health product stores and pharmacies:

Ottawa

Nutrition House Carlingwood (613) 792-1558
Natural Food Pantry Riverside (613) 737-9330
Sport Supplement Warehouse (613) 224-1238
La Boîte à grains Hull (819) 771-3000
Foodsmiths Perth (613) 267-5409
Modern Thymes (613) 283-3612
Nutrition House St Laurent (613) 842-4116
Mother Hubbards Natural Foods (613) 820-3178
Natural Food Pantry Kanata (613) 836-3669
Pantry Plus (613) 830-5790
Nutri-Land Manotick (613) 692-5558
Casalibris (613)722-2272
Sol Aliment (819) 684-0512
Nutrition House Rideau (613) 569-7655
Natural Food Pantry Carlingwood (613) 728-1255
Market Organic (613) 241-6629
La Boîte à grains Gatineau (819) 243-3002
NutriLand Riverside Dr. (613) 288-0106
Granny's Natural Food Emporium (613) 592-4558
Almonte Naturals (613) 256-1833

For info on CulturedCare call Prairie Naturals Toll Free at: 1 800 931-4247
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ADVERTISING FEATURE

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YOUR DENTIST, ORAL CANCER AND DAFFODILS

March is almost over and in just a couple of days, we will be into April. April brings about those feelings that spring is on the way. For many of us, it means coming out of hibernation and enjoying a new start to a, hopefully, enjoyable outdoor summer.

April also brings about **Daffodil Days** for the Canadian Cancer Society where fundraising and cancer awareness find an important meeting place. **Cancer awareness is, increasingly, becoming an area of greater concern for all health care practitioners, including your dentist.**

It is with this thought in mind that we believe **April is an ideal time to raise awareness of oral cancer.** Oral cancer does not receive the same amount of attention as other forms of cancer, perhaps due to the fact that it is not as prevalent.

However, with that lower awareness comes a greater danger. **Compared to cancers** such as breast or prostate cancer, **oral cancer has a much higher mortality rate. It is estimated that 35,000 Americans will be diagnosed with oral cancer this year. Approximately half of them will not survive the next five years.**

Dr. George Parry
Dental Surgeon

The reason for this is the lack of early detection. **And early detection usually requires a visit to your dentist for a thorough examination.** Simply visiting your doctor for a routine physical usually will not be sufficient. A complete oral cancer check will involve a visual examination of the entire mouth, both top and bottom, gently moving the tongue to the side to examine underneath and using fingers to search for lesions on the gums.

When was the last time anyone other than your dentist conducted such a thorough examination of your mouth?

This is the type of examination you should receive from your dentist at least every six months…perhaps more frequently if you are a smoker or otherwise at higher risk to develop oral cancer. The good news is that, like most other cancers, oral cancer is highly treatable when detected early.

Unfortunately, **with at least one-third of North Americans failing to visit their dentist on a regular basis, early detection is what is missing for so many people.** Since the mouth provides such an easy access to so many other areas of the body, it is easy for oral cancer to metastasize and spread. Once that occurs, treatment becomes more debilitating and, sadly, less likely to succeed.

So we urge you to use April to help in the fight against cancer. If a volunteer for the Canadian Cancer Society offers you a daffodil, buy it! Consider it an investment in your health! And after you do so, call your dentist and schedule an appointment so that you can be screened for oral cancer.

Because early detection of oral cancer is a healthy habit…and healthy habits lead to healthy lives!

Dr. George Parry
- Dental Surgeon

Concern over corn syrup

CELIA MILNE
for Metro Canada

There's been a lot of hype lately about a study at Princeton that found a link between high-fructose corn syrup and obesity.

This type of corn syrup is found in soft drinks and some fast foods. The study was done in rats and it found that those who drank water plus this corn syrup gained more belly fat than those who drank a mixture containing table sugar. Previous studies have found links between high-fructose corn syrup and a rise in triglycerides and fatty liver disease.

It's definitely a good idea to cut down your consumption of soft drinks. But let's not miss the point. If you're having a large triple thick milkshake with your lunch instead of a soft drink, you may be avoiding man-made sugar while still getting more than 1,000 calories and 17 g of saturated fat.

The best advice if you need to quench your thirst is to go for water or pure organic fruit juice.

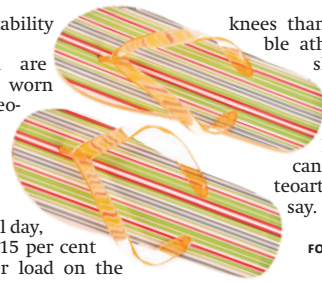
For that sweet craving, reach for a piece of fruit or a few squares of dark chocolate, which may have some health benefits.

Flip flops found to take the weight

BODY SUPPORT Can't wait to slip those tootsies into flip flops or clogs?

We've often heard that flip flops aren't too good for your feet, but a small study done at Rush University in Chicago has found that soft, spongy flip flops are better for your knees than clogs.

Researchers found that supportive, stable clogs and stability shoes, which are often worn by people who work on their feet all day, put a 15 per cent greater load on the knees than flat, flexible athletic street shoes and flip flops. A high load on the knee joint can lead to osteoarthritis, they say.



CELIA MILNE/
FOR METRO NEWS
CANADA

"During the program, I felt less hunger before dinner and fewer cravings for snacks and sweets between meals. I am now more relaxed and enjoy a deeper sleep. I also lost two pounds in one week."

Steven O.

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7-Day Purification Program
deep • whole-body • revitalization

Bev Maya
Medical Herbalist

Whole Body Revitalization
The 7-Day Purification Kit

Today, our health is challenged by pollutants, pesticides, food preservatives and poor eating habits. Our elimination systems simply cannot keep up. Over time, toxic build-up in our bodies may lead to serious ailments, but a growing number of health-conscious consumers have found an effective way to purify and revitalize their bodies.

Flor•Essence® Herbal Tea Blend strengthens key organ function while aiding blood circulation to build up the immune system by enabling the body to remove toxins at a higher efficiency than it would on its own. This remarkable tea facilitates the removal of waste through the elimination organs, resulting in less gas, bloating and indigestion.

Now, for the first time, Flora Manufacturing & Distribution has combined the whole-body cleanse of Flor•Essence® with two companion products, Pro•Essence® vegetarian capsules and Floralax® II powder.

Rene Caisse, an Ontario nurse was responsible for deriving Flor•Essence® and Pro•Essence® from traditional Ojibwa herbal remedies and bringing these formulations into widespread use with the help of Dr. Charles Brusch (personal physician to President John F. Kennedy), Vancouver broadcaster Elaine Alexander, and Thomas Greither, President of Flora.

With the new 7-Day Purification Kit, it is possible to invigorate the digestive system at the cellular level with Flor•Essence® tea, while cleansing the kidneys with Pro•Essence® urinary tract support formula and cleansing the colon with Floralax® II, a natural source of oat bran, flax seeds and psyllium husks, which absorb intestinal toxins and lower blood cholesterol levels.

The Flor•Essence® 7-Day Purification program is a safe and effective way to allow our bodies to absorb more nutrients from the foods we eat. This powerful yet gentle program works to accelerate the removal of toxins from the body and reduce the potential for serious illness caused by free radicals in our digestive and circulatory systems.

Plenty of water (at least 8–10 eight ounce glasses per day) must accompany the program to help flush out toxins and waste. For best results, it is important to get proper rest and engage in some activity that stimulates circulation, perspiration and deep breathing. For optimal health, eat a nutritious diet that includes leafy greens, bright vegetables, fruits, berries, seeds and nuts.

Available at
Health Food stores

Herb & Spice Shop
375 Bank St.
613.232.4087

Kardish Bulk Food and Nutrition
3659 Richmond Rd.
613.820.4339
2515 Bank St.
613.737.0305

Mother Hubbards
250 Greenbank Rd.
613.820.3178

Mother Earth
747 Richmond Rd.
613.321.3557

Nutrition House
Merivale Mall
613.727.7522

Understand what you're eating
Post Shredded Wheat has launched a new website postshreddedwheat.ca, developed by nutritionists. It lists the ingredients of breakfast cereals, what they mean in layman's terms and serving suggestions. METRO NEWS SERVICES

Food

Bowls of festivity

Collect your egg hunt finds or serve Easter breakfast in these rabbit-adorned stoneware bowls. Exclusive to the President's Choice Home collection, these colourful bowls also make the perfect festive gift. A set of these four dishwasher- and microwave-safe bowls is availabe at Loblaws stores for $9.99. For store locations, visit loblaws.ca.
METRO NEWS SERVICES

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

This lamb dish is celebrity chef Marcus Samuelsson's idea for a perfect Easter lunch.

Easter lunch

Celeb chef suggests lamb with a twist

ELISABETH BRAW
Metro World News

Easter is one of the few times of the year when lamb gets the most prominent spot on the table. And people who don't usually eat meat love a rack of lamb. Lamb it's easy to cook, too.

Marcus Samuelsson, the executive chef at New York's famous Aquavit restaurant, cooked President Obama's first state dinner.

But for Easter, even the most culinary-challenged person can cook a delicious lunch. Samuelsson, who was born in Ethiopia and raised in Sweden, tells Metro's readers how to make a delicious Easter meal with a new twist.

Miso-Rubbed Rack of Lamb with Broccoli Rabe Red Curry
SERVES 4

Lamb
INGREDIENTS:
- 2 Tbsp dark miso
- 1 Tbsp Spiced Butter or unsalted butter
- 1 Tbsp mild chili powder
- 1 large egg yolk
- 1 Tbsp chopped sage
- 2 Tbsp olive oil
- 2 frenched racks of lamb (1½ pounds each)
- Salt and freshly ground black pepper
- ¼ cup panko bread crumbs

METHOD:
1. Preheat oven to 400°F.
2. Combine the miso, butter, chili powder, egg yolk, and sage in a small bowl. Set aside.
3. Heat the olive oil in a large sauté pan. Season the lamb with salt and pepper. Add the lamb to the pan and sear until browned, 2 to 3 minutes on each side. Let cool slightly, then smear the miso-butter mixture over both sides of the lamb. Firmly press the panko into the miso-butter mixture on the rounded side of each rack.
4. Place the racks, rounded fat sides up, in a roasting pan. Roast until an instant-read thermometer inserted into the center of the rack reads 125°F, 15 to 20 minutes.
5. Transfer the lamb to a cutting board and let rest for 5 minutes. Serve with the broccoli rabe red curry.

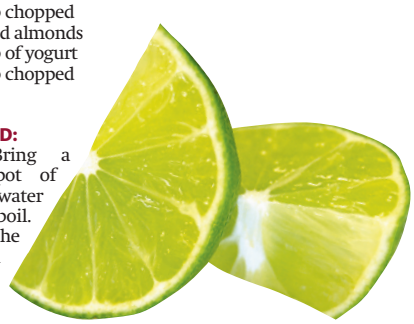
Broccoli Rabe Red Curry
INGREDIENTS:
- 2 cups broccoli rabe (about ½ bunch)
- 5 Tbsp olive oil
- 2 teaspoons black mustard seeds
- 1 teaspoon ground cumin
- 1 teaspoon coriander seeds
- 1 red onion, chopped
- 4 sliced garlic cloves
Juice of 2 limes
- 2 kaffir lime leaves
- 2 curry leaves
- 1 2-inch piece ginger, peeled and finely chopped
- 2 Tbsp red curry paste
- ½ cup coconut milk
- 2 small Yukon Gold potatoes, peeled and cut into ¼-inch cubes
- 2 Tbsp chopped blanched almonds
- 2 Tbsp of yogurt
- 1 Tbsp chopped cilantro
- Salt

METHOD:
1. Bring a large pot of salted water to a boil. Add the broccoli rabe and simmer for 30 seconds. Strain and rinse with cold water. Pat dry.
2. Heat 2 tablespoons of the olive oil in a large pot over medium heat. Add the mustard seeds, cumin, coriander seeds, onion, garlic, lime juice, lime leaves, curry leaves, ginger, and curry paste and sauté until fragrant, about 3 minutes. Add the coconut milk and 2 cups water. Bring to a simmer and cook for 15 minutes.
3. While the liquid is simmering, heat the remaining 3 tablespoons olive oil in a large sauté pan over high heat. Add the potatoes and sauté for 3 to 4 minutes. Reduce the heat to medium and add the almonds. Cook with the potatoes until golden brown, 4 to 5 minutes. Remove from the heat and set aside.
4. Stir the broccoli rabe and potato mixture into the simmering liquid and heat through. Stir in the yogurt and garnish with the cilantro. Season with salt.

RECIPE COURTESY OF MARCUS SAMUELSSON, NEW AMERICAN TABLE (WILEY, 2009)

Side dishes
- Serve your lamb with potato salad and roasted root vegetables like carrot and beet. Root vegetables are particularly delicious in the spring. Spinach is another tasty choice.
- Roast herbs like chives, rosemary and lavender with the lamb. In the spring they taste so much better than basil and oregano.

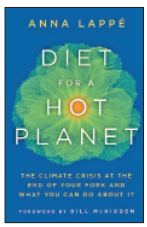
METRO WORLD NEWS



Grub and global warming

BOOK Want to save the planet? Check what's at the end of your fork.

From production to consumption to waste, the world's food system accounts for a hefty slice — about 33 per cent — of what's heating up the planet, says Anna Lappé in her book, Diet for a Hot Planet, to be published April 10. She argues that we need to radically change how food is produced and what we eat.


ANNA LAPPÉ
DIET FOR A HOT PLANET
THE CLIMATE CRISIS AT THE END OF YOUR FORK AND WHAT YOU CAN DO ABOUT IT
FOREWORD BY BILL MCKIBBEN

Lappé is co-founder of the Small Planet Institute, a nonprofit research network, and was named one of Time magazine's "Eco Who's Who."

She is the daughter of Frances Moore Lappé, author of the 1971 bestseller Diet for a Small Planet about the environmental and social impact of food choices.

"I see my book as continuing the conversation," says the 36-year-old author. "There's another part to the story, the climate cost to the planet."

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LiquidAssets

Peter Rockwell
metronews.ca/liquidassets

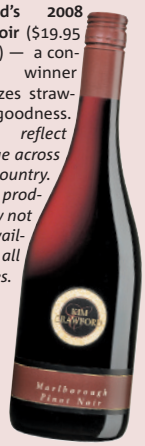
Lamb's match

We never ate lamb when I was a kid. My mother just didn't have the heart to cook anything that looked so cute. Don't tell mom, but as an adult I've more than made up for my years of eating abstinence and am sure to see a leg (maybe even a rack) at a meal or two over the up-coming holiday weekend.

Unlike other headline holidays (where turkey is king) Easter's association with lamb makes for a interesting change of pace on your plate and a wine lover's dream date because the meat is open to just about any liquid match. While a red from France's Bordeaux region or the Rioja in Spain are textbook pairings; a red with a touch of spice like **Trapiche's 2007 Broquel Malbec** ($15.95 - $16.49) from Argentina is a hip alternative.

If not lamb, you may be having ham this Sunday. Depending on the cooking style, your bottle will wind up battling either saltiness or sweetness. A fruity Frenchman from Beaujolais makes for a nice marriage, as would a red made with pinot noir. Go New Zealand and **Kim Crawford's 2008 Pinot Noir** ($19.95 - $24.99) — a consistent winner that oozes strawberry goodness.

Prices reflect the range across the country. Some products may not be available in all provinces.



Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years and travelling the globe looking for something to fill his glass and put into words.

Unique festive dessert

Easter Bark

Easy to make and fun to do with your kids, this colourful no-bake Easter treat also is a good way to use up all that Easter candy. Candy coating chocolates can be found at most craft stores in the candy and cake decorating aisle, as well as in the baking aisle of most grocers. **MAKES 16 SERVINGS**

INGREDIENTS:

- 125 ml (1/2 cup) sweetened shredded coconut
- Green food colouring
- 500 g (1 lb) pink candy coating chocolate
- 500 g (1 lb) yellow candy coating chocolate
- 375 ml (1 1/2 cups) candy toppings (such as small jelly beans, Easter candy sprinkles, candy-coated chocolate eggs)

METHOD:

In a large zip-close plastic bag, combine coconut and a few drops of green food colouring. Close bag and shake until coconut is evenly green. Set aside.

Line a rimmed baking sheet with waxed or parchment paper. One at a time, place each colour of candy coating chocolate in a microwave-safe bowl and heat on high in 30-second bursts, stirring between, until melted and smooth.

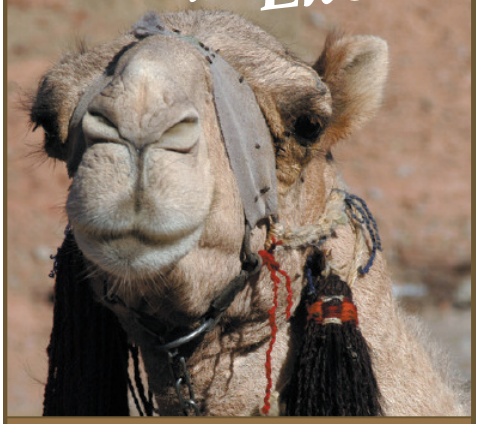
Spoon melted chocolate onto prepared baking sheet in a random pattern. Use a small spoon to swirl colours together.

Let cool for 5 minutes, then top with jelly beans, sprinkles, other candies and green coconut as desired. Set aside to harden completely, 20 to 30 minutes, then break into chunks.

THE ASSOCIATED PRESS

Easter Bark is a colourful, no-bake festive treat you can have fun making with the kids.

Teach English Abroad & Explore the Exotic



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Celebs campaign against slavery
Demi Moore and Ashton Kutcher have launched a new campaign against child slavery in earthquake-ravaged Haiti to put a stop to the unethical practice. The pair has teamed up to voice their concerns over the country's "restavec" system. FEMALEFIRST.CO.UK

Entertainment

Foxx on Fox
Almost 20 years after his breakout role on In Living Color, Jamie Foxx may be headed back to Fox for another sketch-comedy show, according to The Hollywood Reporter. TVGUIDE.COM

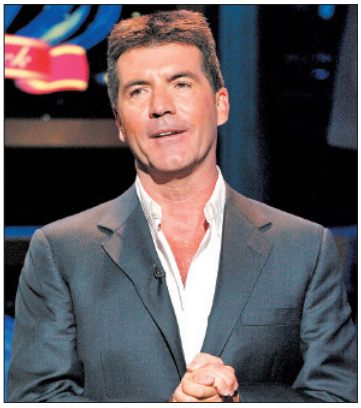
EDITOR: DEAN.LISK@METRONEWS.CA

Idol running on empty

Despite strong ratings, Cowell departure could signal end of reality show

TheAudioFiles

Bryan Borzykowski
metronews.ca/music



Paula Abdul quit American Idol last season and Simon Cowell won't be back after this one.

When American Idol debuted in 2002, I will admit I was I excited. Getting a bunch of unknown, untrained singers to perform for Simon Cowell, the surly British producer, was an intriguing concept — and when they showed the terrible audition tapes, I was hooked.

I wasn't sure what to make of a show that would create a superstar out of nothing, but when Kelly Clarkson won — far and away the best singer on season one, and maybe the best voice to ever grace the program — I was shocked that the American public actually knew what they were doing.

Well, that was eight years ago and a lot has changed. After the 10 contestants still left on this season get whittled down to one, Cowell's taking off to host the U.S. version of The X Factor, the hit British TV singing competition, Ellen DeGeneres is the new Paula Abdul without the loopiness, and the show's fans lost their ability to pick a winner a long time ago.

Idol, according to Fox, is staying on the air, but what they should really do is take a big red marker to their master programming schedule and cut the program out. They'll never do that — it still draws around 20 million viewers a night, though that's down significantly from the first few seasons (about 50 million people watched the season one finale) — but these days it's not adding much value to the lives of music fans.

The biggest disappointment has been its inability to create stars. Every season thousands upon thousands of people try out for the show, and while plenty of hopefuls have no idea how to sing, you'd think there would be at least be a few more Clarksons out there. In reality, there's usually one standout, and that person doesn't always win. Take last year— flamboyant rocker Adam Lambert was a shoo-in, but the forgettable Kris Allen took the Idol title.

For every Carrie Underwood, there's a Ruben Studdard; at least a few of the singers who do have talent but don't win — like Jennifer Hudson — have still found successful careers. If the show entertains people, makes the network money and still produces a few big hits every couple seasons or so, then what's the big deal, right?

Well, it feels like the talent is getting thinner and thinner every season. I only like Crystal Bowersox, a guitar-slinging Janis Joplin-meets-Tracey Chapman character. The rest sing well enough but won't make a real mark once their Idol run ends. The quality of music put out by former Idol contestants is nothing to write home about either — besides Clarkson's 2004 disc Breakaway, with Since U Been Gone on it, the offerings mostly add more noise to an already packed pop field.

Plus, there are other ways to discover new stars. MySpace and YouTube have generated a few big names, so we don't need the TV talent show to save the record industry anymore. (Not that it did.) It might be time to make stars the old fashioned way again — through hard work and good music.

Bryan Borzykowski is a business and entertainment writer. Follow Metro Music on Twitter @TheMetroMusic

Fans choose nominees for MTV Movie Awards

MOVIES Film fans will choose the nominees and winners of the 2010 MTV Movie Awards.

Viewers of the irreverent awards show can log on to movieawards.mtv.com and submit their choice nominees in 13 categories. Submissions will be accepted until April 9.

Any 2009 film or performance is eligible for consideration in categories including best villain, best fight and best kiss.

MTV added three new categories to the competition this year, and the titles of two are so racy they can't be printed here. The two unmentionables are action- and horror-related. The third is best global superstar, and for the first time in MTV Movie Awards history, voting in that category will be open worldwide.

Last year's new category, best WTF moment, is returning for the 2010 awards. Other categories include best performance, best breakout star and best movie.

Fans will also pick the winners of the show's golden popcorn trophy by voting online from May 11 to June 5. THE ASSOCIATED PRESS

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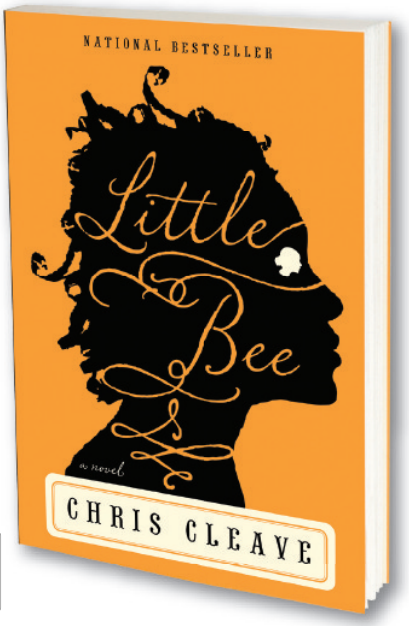

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Big Bang Theory gets a little Blossom in their lives
Blossom star Mayim Bialik has landed a possibly recurring role on The Big Bang Theory, Entertainment Weekly reports. The 34-year-old actress will play Victoria, a potential love interest for romantically apathetic Sheldon. TVGUIDE.COM

Mills being sued by ex nanny

DISCRIMINATION A former employee of Paul McCartney's ex-wife Heather Mills is suing her for sex discrimination.

Sara Trumble wants compensation after allegedly being unfairly dismissed from her job as a nanny after she became pregnant.

Mills' split from the former Beatle in 2006 was followed by a messy divorce in which she won 24 million pounds — some of it intended to pay for a nanny for their daughter, Beatrice. THE ASSOCIATED PRESS

Entertainment in brief

PROJECT RUNWAY Jessica Alba is bringing her fashion sense to Project Runway. Lifetime spokeswoman Kannie Yu LaPack says Alba will serve as a guest judge on Thursday's episode of the popular clothing-design show. THE ASSOCIATED PRESS

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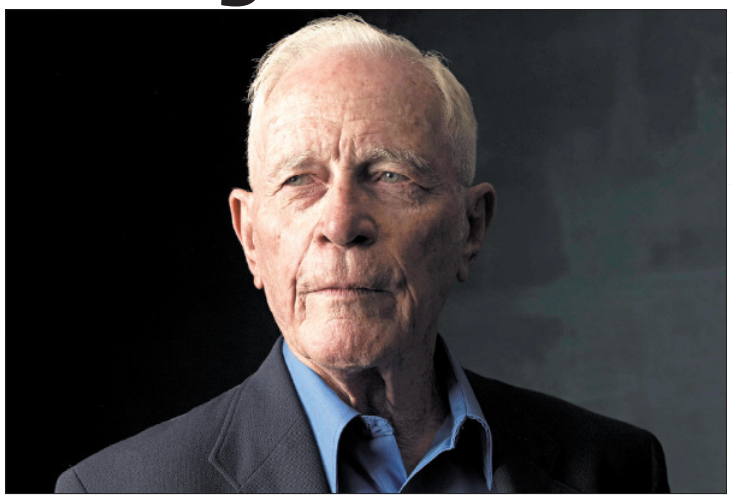
Living through the Pacific

Dr. Sidney Phillips has become the voice of the men of The Pacific, HBO's Second World War miniseries.


ART STREIBER/THE ASSOCIATED PRESS/HBO

Second World War veteran Dr. Sidney Phillips, who is portrayed in the HBO series The Pacific, says he hopes the show will revive patriotism and teach history to young people.

He's the survivor among the drama's four central figures, with the others claimed by the war or the decades that followed.

The 85-year-old physician has shouldered the task of spokesman with grace and good humour, fielding media interviews and, at the request of The Associated Press, online queries from viewers about his combat experience and life afterward.

Phillips, who was 17 when he enlisted in the Marines the day after the Dec. 7, 1941, Japanese attack on Pearl Harbor, endured four months of brutal fighting on Guadalcanal and joined in the invasion of another Pacific theatre island, New Britain.

Ashton Holmes

He returned to Mobile, Ala., where he raised three children with his wife, Mary, who died in 2000.

The Pacific, with actor Ashton Holmes as the young Pte. first class Phillips, debuted March 14 and airs new episodes at 9 p.m. Sunday through May 16.

Q What is your best memory of that chapter of your life, and what is your worst?

A There was so much comedy, there was so much joking, there was so much insulting one another; Marines never said anything nice to one another. … I still don't know if the public understands that foolishness and nonsense were very important. I think men hid behind that, rather than to say, "I'm scared to death."

I really think the worst memory were the living conditions — the standing in line for two tablespoons of beans and a tablespoon of corned beef for four hours on a troop ship. … There were two meals a day, and that went on for weeks and weeks and weeks. Then, when we got ashore, we had a whole regiment, which is 3,500 men, with dysentery, diarrhea and no toilet paper. If there hadn't been an ocean there, we would have been in serious trouble.

Q If such a devastating attack like Pearl Harbor were to happen today, could our young people rise up to the challenge as your generation did?

A I believe they would. I certainly hope they would. People ask me frequently what do I think about the series in general, The Pacific, and I say I hope it will revive patriotism and bring back teaching history to the young people, and what a wonderful country it is and how much blood it has taken to bring us to where we are.

Q How do you see the United States' involvement in the Iraq and Afghanistan wars and President Obama's long-term plan to end it?

A Today, the war seems to be conducted by the politicians. I think they need to turn the war back over to the military.

Q What helped keep you going and on mission throughout the war?

A There's a number of answers you could give, but the one that is foremost in my mind is your trust in one another, support of one another, your dependence upon one another.

THE ASSOCIATED PRESS

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Fighting over Farrah

Trustee, producer battling over late actress' estate

A producer being sued by Farrah Fawcett's estate has fired back in a court filing by claiming the late actress' money is being mishandled.

The trustee of Fawcett's estate has withheld money from some of the actress' beneficiaries, including her father, according to a filing by producer Craig Nevius. The document filed last week in Santa Monica is in response to a lawsuit filed by a Fawcett's estate against him in January.

Nevius, a one-time Fawcett confidante, also claims the lawsuit against him filed by trustee Richard B. Francis is a misuse of the actress' money.

The filing takes numerous swipes at Fawcett's longtime companion, actor Ryan O'Neal, and friend Alana Stewart. Both were constant figures in Fawcett's final months and worked on the documentary Farrah's Story, which aired on NBC.

Nevius sued O'Neal, Stewart and Francis over the documentary last year, claiming it didn't adhere to Fawcett's wishes and improperly cut him out of the process. His recent filing repeats an allegation that O'Neal threatened him in a phone conversation.

The filing claims Stewart misused her relationship with Fawcett to sell a book.

"I've read Mr. Nevius' response to our complaint which I think contains spurious and outrageous allegations," said Howard Weitzman, who represents Fawcett's estate and O'Neal, Stewart and Francis. "I'm confident the truth will all come out during the course of the litigation."

Attorneys for Fawcett's estate claimed in their lawsuit that Nevius botched a first edit of the documentary and "embezzled hundreds of thousands of dollars" from the actress' company. Nevius first teamed up with the former Charlie's Angels star on a reality television series called Chasing Farrah and later teamed up in a business that produced the NBC documentary.

Nevius is not seeking any money from Fawcett's estate, his court filing states. The filing states any business decisions Nevius made were done in good faith.Fawcett died at age 62 on June 25 after a three year battle with anal cancer. THE ASSOCIATED PRESS

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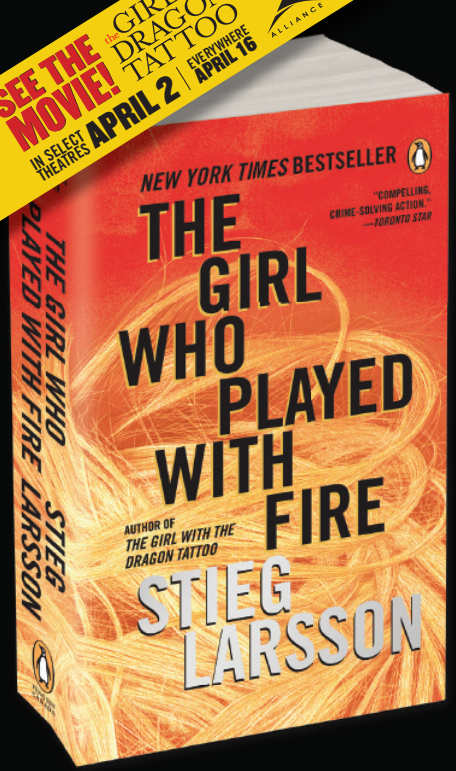
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DVD picks

Sherlock Holmes

Directors: Guy Ritchie

WHEN YOU REALLY THINK about it, it's elementary that Robert Downey Jr. would make a great Sherlock Holmes.

In life and in art, he's taken the path of the cerebral risk-taker. Given a chance to sample a new substance or portray an unusual character — he's done everyone from Chaplin to Iron Man — he jumps in with both feet.

Those familiar with the Holmes canon know the 19th-century sage was quite a physical man (although maybe not the bare-chested brawler Downey portrays), who also liked to partake of festive pharmaceuticals.

We can live without the deerstalker cap, as Downey does. Also cheering is the choice of Jude Law as Dr. Watson, Holmes' sidekick, who retains the discipline and the loyalty of his literary counterpart.

But skullduggery is afoot in other areas. Regrettably, director Guy Ritchie and his screenwriting committee (bad sign, that) have completely lost the plot beyond their golden pairing of Downey and Law. It's as if they simply downed tools, having satisfied themselves with excellent leads.

A great hero needs a great villain, and there isn't one to be found in Mark Strong's Lord Blackwood, a satanic troublemaker in greasy London town who is more bureaucrat than Beelzebub. He's among the most tedious and least-threatening baddie to darken a screen in many a moon.

Also firing on zero cylinders is Canada's own Rachel McAdams, as Holmes' putative love interest Irene Adler.

Still, it's good enough to just sit back and enjoy Downey and Law plays Holmes and Watson as Victorian versions of Butch Cassidy and the Sundance Kid.

Extras vary according to edition, but the Blu-ray offers the greatest bounty for Holmespiles, with various making-off featurettes. Of greatest interest and novelty is the Maximum Movie Mode commentary in which Ritchie literally walks us through the film.

An Education

Directors: Lone Scherfig

BASED UPON British journalist Lynn Barber's recent memoirs, which screenwriter Nick Hornby (High Fidelity) and director Lone Scherfig (Italian for Beginners) have astutely adapted, it's a fresh telling of the old tale about an impressionable girl falling for a predatory older man.

Evoking early 1960s London as sharply as TV's Mad Men does New York in the same era, with impeccable art direction adding to its many attributes, An Education is set immediately before the social quakes of the Pill, the Beatles and Women's Lib.

Sixteen-year-old Jenny (Carey Mulligan), biding her time in suburban Twickenham, is in a hurry to grow up. Jenny's immediate concern is gaining admission to Oxford, which is anything but a given. The women of 1961 are mostly expected to become wives, not scholars, and Jenny's middle-class parents (Cara Seymour and Alfred Molina) fret about the money it will cost them.

She will have to keep her grades up if she hopes to succeed. But distraction arrives one rainy day in the dapper form of David (Peter Sarsgaard), a gentleman in a burgundy car who offers a ride and promises the world.

First and foremost, An Education is a showcase for Mulligan, who was 22 when she made this film yet effortlessly conveys that moment of 16 going on 17 when the world beckons and its perils seem far away.

Peter Howell/for Metro Canada

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Fonz handed keys to Winnipeg

HONOUR His hair is now the distinguished grey of an older man and there's no sign of the signature duck tail hair style he sported on the television sitcom Happy Days. But the actor best known for making The Fonz a cultural institution can still draw a crowd of awed fans. Henry Winkler, 64, received the key to the City of Winnipeg during an appearance at a Winnipeg auto show on Sunday where he was signing autographs.

THE CANADIAN PRESS

In brief

ON SET Thousands of people turned out in Maui for a chance to appear in the Adam Sandler-Jennifer Aniston movie Just Go With It. More than 3,000 people showed up Saturday to apply to be extras. **THE ASSOCIATED PRESS**

Kenya's**Style**

Kenya Hunt

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primetime	265	353	2	TVO	Great Canadian Parks		The Agenda With Steve Paikin		Whitechapel (Part 1 of 3)		The Virus Empire (Part 2 of 2)		Agenda-Paikin
	211	331	3	GTV	Entertainment	ET Canada	NCIS "Endgame" (HDTV)		NCIS: Los Angeles		The Good Wife "Infamy"		News Hour
	-	-	5	SRC	Virginie (SC)	La Facture	Beautés désespérées (SC)		Musee Eden (N) (SC)		Le Téléjournal Nouvelles. (SC)		TJ Ontario
	209	342	6	CHRO	Degrassi: Next	TMZ (N)	Dancing With the Stars		The Middle (N)	Old Christine	(10:02) V (HDTV) (N)		Comedy Now
	196	311	7	CTV	Lost "The Package" (N)		American Idol (HDTV) The 10 finalists compete. (Live)				Law & Order: Special Victims		CTV News
	208	303	8	CBC	Wheel Fortune	Jeopardy! (N)	Rick Mercer	22 Minutes	Laughs	Comedy Fest	CBC News: The National		The Hour
	-	360	9	NBC	Wheel Fortune	Jeopardy! (N)	The Biggest Loser Eliminated contestants return. (N)				Parenthood (HDTV) (N)		News
	117	713	10	TVA	La Fièvre de la danse (SC)		Caméra café	Taxi 0-22 (SC)	La Promesse (HDTV) (N) (SC)		TVA nouvelles	(10:45) Denis Lévesque	
	-	-	11	QS	Big Brother QC	Roxy (N) (SC)	CSI: NY (SC)		Flashpoint (SC)		L'Attaque à 5 (N)		Big Brother QC
	137	763	12	TFO	Panorama		Envers des grands magazines		*L'Enfer* ★★★ (1994, Drame) Emmanuelle Béart.				Facteur
	-	362	13	CBS	The Insider (N)	Judge-Brown	NCIS "Endgame" (HDTV)		NCIS: Los Angeles		The Good Wife "Infamy"		Two/Half Men
	216	395	14	OMN2	Family Guy	The Simpsons	Omni News: S. Asian Edition		Omni News: Cantonese Edition		Two/Half Men	King	Cold Case
	214	344	15	CITY	Law & Order: Special Victims		The Biggest Loser Eliminated contestants return. (N)				Parenthood (HDTV) (N)		News
	115	343	16	CFMT	Two/Half Men	The Office	Omni News: Italian Edition (N)		Vivere V	Omni News:	Law & Order: Criminal Intent		Metropia
	218	345	18	CHCH	*Ferris Bueller's Day Off* ★★★ (1986, Comedy), Alan Ruck				*National Lampoon's Van Wilder* ★★ (2002, Comedy)				News at 11 (N)
	-	361	20	ABC	Action News	Entertainment	Dancing With the Stars		Lost "The Package" (N)		(10:02) V (HDTV) (N)		News
	512	396	24	CPAC	La Période de questions		Heure polit.	L'Heure politique				Revue	Période-quest.
	651	355	25	CTS	Little House on the Prairie		Father Dowling Mysteries		100 Huntley Street		Life Today	This Is Day	John Hagee
	-	365	36	FOX	TMZ (N)	Seinfeld	American Idol (HDTV) The 10 finalists compete. (Live)				FOX 2 News (N)		News
	-	-	64	PBS	Business Rpt.	Help Wanted	NOVA (DVS)		Frontline (N) (DVS)		Independent Lens (N)		Charlie Rose
	205	312	104	CTV	Lost "The Package" (N)		American Idol (HDTV) The 10 finalists compete. (Live)				Law & Order: Special Victims		CTV News
news	502	390	26	NW	The Lang & O'Leary Exchange		Connect with Mark Kelley (N)		CBC News: The National		CBC News: the fifth estate		National
	500	500	33	CNN	John King, USA (N)		Campbell Brown (N)		Larry King Live (N)		Anderson Cooper 360 (Part 2 of 5) (N)		
sports	406	417	27	net	NHL Hockey Ottawa Senators at Washington Capitals. (HDTV) (Live)					Overtime	Sportsnet Connected		UEFA Soccer
	126	730	28	RDI	24 Heures en 60 minutes		Grands reportages (SC)		Le Téléjournal (SC)		RDI économie	Le National	Le Téléjournal
	400	280	30	TSN	That's Hockey!	Interruption	NHL Hockey Chicago Blackhawks at St. Louis Blues. (HDTV) (Live)					SportsCentre	
	410	403	52	SCR	Cabby Unlimit	Score Today	Court Surfing NBA news, scores and highlights.						Score Now
	411	457	56	OLN	Ghost Hunters		Destination Truth		Oper. Repo	Oper. Repo	Ghost Hunters		Destin. Truth
	417	406	59	SC	NASCAR	NASCAR Hub	Race in 60 (HDTV) (N)		Monster Jam (HDTV) (N)		Dangerous Drives (HDTV)		Pass Time
family	554	544	48	TEL	Johnny Test	Total Drama	Total Drama	6TEEN	Futurama	King of the Hill	American Dad	Futurama	Robot Chicken
	557	540	51	FAM	Han. Montana	Suite Life	Sonny Chance	Han. Montana	Wizards-Place	Latest Buzz	Ned's School	Cory in House	That's-Raven
	551	542	65	YTV	iCarly	Scorpion	Malcolm-Mid.	Hates Chris	8 Simple Rules	What I Like	Family Biz	To Be Indie	Prank Patrol
cable variety	570	580	29	MM	The Daily Fix		Ranked!		mmtop10.ca		Hammertime	Gimme Sugar	G. Simmons
	615	520	31	A&E	Criminal Minds (HDTV)		Criminal Minds (HDTV)		Criminal Minds (HDTV)		CSI: Miami (HDTV)		CSI: Miami
	628	584	32	SPKE	UFC: Best of 2009						Blue Mountain	Blue Mountain	Unleashed
	521	560	34	TLC	Ultimate Cake Off		My First Home	My First Home	19 Kids-Count	19 Kids-Count	Chocolatiers	Chocolatiers	My First Home
	145	761	35	TV5	Horizons (SC)		Partir autrement		Les Invincibles (SC)		ADN: Accel.	Nouva	TV5 Le Journal
	616	521	39	SHO	Relic Hunter		*Family in Hiding* (2006, Suspense) Brenda Strong.				Drop Dead Diva (HDTV)		NCIS
	620	523	40	BVO	Live at the Rehearsal Hall		Bowfire				Spectacle: Elvis		Law & Order
	520	505	42	DIS	Daily Planet (N)		How It's Made	How It's Made	Destroyed	Destroyed	Swamp Loggers (N)		Daily Planet
	575	583	43	CMT	Amer. Funniest Home Videos		Reba	Reba	According-Jim	According-Jim	Home Improve.	Home Improve.	Meet-Wilsons
	601	562	45	SLC	Rich Poor	Rich Poor	Party Mamas	Party Mamas	Party Mamas	Wedding SOS	Wedding SOS	Wedding SOS	ET Canada
	625	548	46	COM	Air Farce	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	Flt.-Conchords	Awesome	Daily Show
	294	529	47	TBS	Family Guy	Family Guy	House-Payne	House-Payne	Law & Order: Special Victims		Seinfeld	Name Is Earl	Movie
	600	564	49	H&G	House Hunters	Property Virgin	Outdoor Room	Curb/Block	Sarah's House	Genevieve	House Hunters	House Hunters	Holmes-Homes
	627	528	50	SPC	Stargate Atlantis (DVS)		Star Trek: Voyager		Masters of Science Fiction		Fringe		Stargate SG-1
	581	566	53	MTV	Peak Season	Cribs	Cribs	Going Out, Him	16 and Pregnant		16 and Pregnant		MTV Live
	618	524	54	TROP	The Celebrity Apprentice (HDTV) (N)				Dog Whisperer		End of Leash	Last 10	Tube Tales
	522	506	55	HIS	Aftermath		Cities of the Underworld		Pawn Stars (N)	Pawn Stars (N)	Nostradamus Effect (N)		Weather
	129	773	60	CD	Biographies "Yvon Michel"		Ondes de choc		Images-chocs		Gangland Chicago. (SC)		Destr Expr
	261	394	61	V	Murder, She Wrote		May-December	When I Laugh	National Catholic Mission 2010		Choices-Face	Archaeologist	Catholic
	602	567	62	W	Supernanny		Style by Jury	Grocery Bag	Beauty	Style by Jury	How to Look Good Naked		Beauty
	269	350	70	APTN	Fish Out of	Mixed Blessing	Cashing In (N)	Rabbit Fall	Blackfly	Moose TV	Rez Rides	MYTV	Moccasin Flats
	621	527	71	TLK	Look-A-Like	TMZ	The Ellen DeGeneres Show		The View (HDTV)		The Dr. Oz Show (HDTV)		TMZ
	603	561	95	FN	Ricardo	Exotic	Dinner: Impossible (N)		Chef Abroad	Chef Abroad	Chefs vs. City		Restaurant

critics'corner

Chefs vs. City
In this series, chefs Chris Cosentino and Aaron Sanchez are pitted against local foodies in a winner-takes-all race through a different city each week. In this episode, they're in Los Angeles to take on Amy Powell, owner of Big Ed's Gourmet Hot Dogs and Nino Linsmayer, owner of Food Lab Cafe Catering. 1 PM on 95 FN

NCIS
Gibbs and DiNozzo and the rest of the team help Vance face his demons while uncovering a complex relationship with a killer that endangers his family in "Endgame." Paula Newsome, Penny Johnson Jerald and Kelly Hu guest star. 8 PM on 13 CBS 3 GTV

Parenthood
Drew helps Adam connect with Max when he rejoins the baseball team. Sarah makes friends with Amber's English teacher. Julia tries to teach Sydney to stand up for herself. Dax Shepard, Craig T. Nelson, Bonnie Bedelia and Monica Potter also star in the new episode "The Situation." 10 PM on 15 CITY 9 NBC

Winehouse ready to start a family: Dad

Amy Winehouse is ready to start a family, according to her father. "She's become so broody. She loves kids, especially all our little cousins," Mitch Winehouse tells Contact Music. METRO WORLD NEWS.

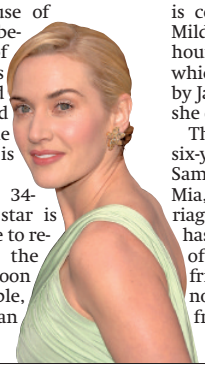
Celebrity Buzz

Kate's home 'tainted'

EVERYONE FEELS BAD FOR THE GIRL LIVING IN THE $6M MANSION Kate Winslet wants to move out of her marital home because it is "tainted" with bad memories, femalefirst.co.uk reports.

The Oscar-winning actress — who split from her film director husband Sam Mendes earlier this year — is desperate to leave their $6 million US New York mansion because she can't stop thinking about the arguments they had since they moved there in 2005.

A source told the New York Post newspaper: "Kate really wants to leave the apartment. She sees it as a house of horrors because of the fights she and Sam had there. She feels it is tainted."



The 34-year-old star is desperate to return to the U.K. as soon as possible, so she can spend time with her close friends. However, Winslet is contracted to work on Mildred Pierce — a five-hour-long mini-series which is based on a novel by James M. Cain — before she can make the move.

The actress — who has a six-year-old son Joe with Sam, and her daughter Mia, nine, from her marriage to Jim Threapleton — has been receiving a lot of support from her friends since she announced her separation from Mendes.

METRO WORLD NEWS

Ricky 'fortunate homosexual'

AND GAY MEN AROUND THE WORLD SAY, 'I TOLD YOU SO' Singer Ricky Martin put speculation about his sexuality to rest yesterday, posting a comment on his website that he is gay.

Martin wrote on his official website that, "Today is my day, this is my time, and this is my moment ... These years in silence and reflection made me stronger and reminded me that acceptance has to come from within and that this kind of truth gives me the power to conquer emotions I didn't even know existed."

He ends his post with, "I am proud to say that I am a fortunate homosexual man. I am very blessed to be who I am."

This is the first time Martin, 38 — who fathered twin sons with a surrogate mother — has publicly spoken about his sexuality.

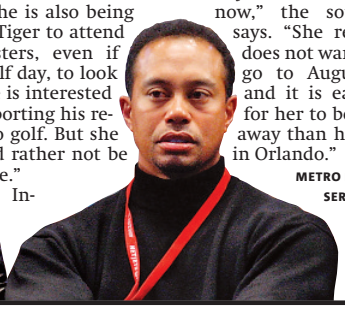
METRO NEWS SERVICES

Will Elin attend Masters?

IT WOULD BE A GOOD IDEA TO KEEP AN EYE ON HIM While Tiger Woods is preparing to return to golf at the Masters in Augusta, Ga., on April 8, his wife Elin Nordegren must decide whether to attend the tournament, in what would be a very public display of support for her husband.

And that's just the scenario Woods' camp would like to see happen, according to a source close to Nordegren, people.com reports.

"Elin does not want to go to the Masters and is preparing for a trip to see her family and friends in Sweden," the source tells People. "She is also being asked by Tiger to attend the Masters, even if for a half day, to look like she is interested in supporting his return to golf. But she would rather not be there."



Instead, the source believes that Nordegren will continue to keep a low profile and fly a commercial airline to Sweden, where her family lives.

"Tiger's (private) plane is too 'in your face' for her now," the source says. "She really does not want to go to Augusta, and it is easier for her to be far away than home in Orlando."

METRO NEWS SERVICES

Bullock ready to seek divorce from James

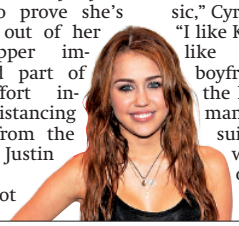
CAN YOU SAY IRRECONCILABLE DIFFERENCES? Sandra Bullock has reportedly returned to California to deal with the fall out from husband Jesse James' alleged infidelity, according to Popeater. And the Oscar-winning actress reportedly plans to deal with the situation by getting the ball rolling on a divorce from James, sources say.

"It's over,' a Bullock pal says. "After everything that has happened, it is impossible for them to get back together, even though I'm sure she still loves the man she thought he was." Bullock is reportedly staying in the Hollywood Hills home she owned before her marriage to James after spending the past week at her Texas retreat.

METRO WORLD NEWS

Cyrus' dream BF: Cobain

SHE MUST BE SMELLING THE TEEN SPIRIT Miley Cyrus is trying to prove she's growing out of her teeny-bopper image, and part of that effort involves distancing herself from the likes of Justin Bieber.



"I'm not necessarily a fan. I don't listen to that kind of music," Cyrus tells MTV News. "I like Kurt Cobain. (He) is like my dream boyfriend," she says of the late Nirvana frontman, who committed suicide when Cyrus was just 16 months old.

METRO WORLD NEWS

Papers prep obit for Lohan

JUST PLAYING THE ODDS Lindsay Lohan has become so prone to trouble that several newspapers have reportedly already written her obituary just in case the young actress passes away unexpectedly, according to Popeater.

"News outlets need to be prepared. However shocking a story it might be, they are in the business of breaking news fast and any preparation that can be done ahead of time is them just simply doing their jobs," a source says. "We all scrambled when Brittany Murphy and Heath Ledger died and don't want that to happen again."

METRO WORLD NEWS

Heigl blames self for image

PERCEPTION IS REALITY Katherine Heigl is upset about coming off as ungrateful during her time on Grey's Anatomy — and she admits she has no one to blame but herself.

"I allowed myself to be perceived that way because I was being whiny and I was griping and because I made these snarky comments," she tells Entertainment Weekly. "I am disappointed in myself for allowing that perception to exist. There's nothing more gross than the idea of somebody in my position being ungrateful."

METRO WORLD NEWS

Follow these celebrities on Twitter...

CelebTweets

DEMI MOORE is taking Kim Kardashian to task over word usage, **NICOLE "SNOOKI" POLIZZI** is turning off Twitter for a while, **TOM HANKS** wants to get ahead of the technology trend for his next film, and **JIM CARREY** is chiming in on the latest Catholic controversy. ,

@mrskutcher
@KimKardashian No disrespect I love a girls night out but a pimp and pimping is nothing more than a slave owner!

@Snooki
I'm going to have twitter withdrawl!! Gettin geared up to shoot season 2 !! I missed cameras in my face

@tomhanks
Thinking to shoot Larry Crowne not in 3-D, but 6-D. May go all the way to 7- or 8-D. Stand by.

@JimCarrey
The Catholic priesthood has become a religious disorder.

METRO NEWS SERVICES

Brand, not Perry, the Bridezilla

WOULD ANYONE BE SURPRISED IF HE WORE A WHITE DRESS IN THE CEREMONY Katy Perry isn't obsessing too much over her upcoming wedding to Russell Brand. Surprisingly, it's her fiancé that's filling the Bridezilla role in their relationship, Perry admits.

"I'm not that obsessed," she tells Hollyscoop. "If we stop for breakfast, he has to stop and get Bride magazine. It gets a little crazy."

METRO WORLD NEWS

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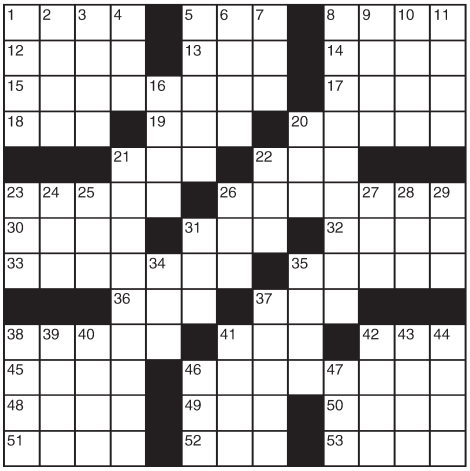
Take Five



ACROSS

1 Disappear gradually
5 Fox competitor
8 Georgetown athlete
12 Sacred bird of Egypt
13 Carnival city
14 Squared
15 Screwdriver type
17 Car
18 Conger, e.g.
19 Donkey
20 Mgmt.
21 Historic boy king
22 Suitable
23 Calyx leaf
26 Rum exporter
30 Door handle
31 Levy
32 Lake vessel
33 Lemon-coloured
35 Big feather
36 Environmentally friendly
37 Witness
38 Explosion
41 Fellow
42 Time of your life?
45 Latvia's capital
46 Bonneville feature
48 Exam format
49 "6 Rms — Vu"
50 Magnificent tale
51 Frog kisser's growth
52 Individual
53 This and that

DOWN

1 Flute's kin
2 Competent
3 Use a rotary phone
4 Superlative ending
5 Peak of a wave
6 Prejudice
7 Turf
8 Place of honor, at dinnertime
9 Egg, biologically
10 Bigfoot's cousin
11 In due time
16 Burglar's booty
20 Intention
21 Sodium chloride
22 Send electronically
23 Firmament
24 Away from WSW
25 Rep. or Dem.
26 — Leno
27 Debtor's letters
28 Rotating part
29 Dined
31 Number suggested by 53-Across
34 Autumn mo.
35 Confined, with "up"
37 Soothing remedy
38 Forehead
39 Old Italian money
40 Gel in a petri dish
41 Primary
42 Dog food brand
43 Pace
44 Engrave
46 "No seats" sign
47 Winter mo.

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

	2		9	1	4		7	
4								2
		1				3		
7	6		3		5		8	4
				7				
5	4		1		2		9	7
		7				8		
6								9
	9		8	5	3		6	

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

8	3	4	2	9	7	6	5	1
5	9	7	1	8	6	3	2	4
2	1	6	3	5	4	9	7	8
3	5	2	9	7	1	8	4	6
4	6	1	5	3	8	2	9	7
9	7	8	6	4	2	1	3	5
7	4	3	8	1	9	5	6	2
6	8	5	7	2	3	4	1	9
1	2	9	4	6	5	7	8	3

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca

Metro Recipe of the Day

Roasted artichoke and pepper bruschetta

INGREDIENTS:
1 ciabatta
1 red pepper, thinly sliced
2 tbsp olive oil (from jar of artichokes)
12 slices salami
4 tbsp tapenade
1 jar roasted artichokes in olive oil, drained and sliced

METHOD:
1. Preheat broiler and line bottom of broiling pan with foil. Cut ciabatta into 12 slices on diagonal, each 1/4 in. thick. Put on broiling pan rack and cook about 1 minute on each side or until golden.
2. While bread is toasting, toss red pepper slices in oil. Remove broiling pan rack with toast still on it and set aside. Put pepper slices in single layer to one side of foil-lined pan and cook 3 minutes. Add salami to other side and broil 2-3 minutes or until peppers are lightly singed and salami slices start to crisp.
3. Meanwhile, stir contents of tapenade jar to blend in oil, then thinly spread onto toasts. Place pepper and artichoke slices on each piece, then top with crispy salami. Return to broiler to heat through. Serve at once.

SERVES 4

rd.ca
For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES ♈
MARCH 21-APRIL 20
Force yourself to do something for another person today. Not only will you quite enjoy the effort but you will impress some very important people.

TAURUS ♉
APRIL 21-MAY 21
You must resolve a difference of opinion and learn to get along with someone whose help you are going to need.

GEMINI ♊
MAY 22-JUNE 21
Help will arrive when you need it most. Not only that but your current situation is not nearly as bad as you like to think it is.

CANCER ♋
JUNE 22-JULY 22
Be careful who you confide in today. Not everyone has your interests at heart and if you let slip any valuable information there is no telling where it might lead.

LEO ♌
JULY 23-AUG 23
The world is full of people who say they want the truth when all they really want is to hear their own ideas and theories accepted by everyone else.

VIRGO ♍
AUG 24-SEPT 22
Blackmail never works, so get rid of the idea that by applying emotional pressure on someone you can make them conform. You can't.

LIBRA ♎
SEPT 23-OCT 23
Don't sit and brood on what might have been. Although today's full moon may be hard to deal with you know you have lots to be thankful for.

SCORPIO ♏
OCT 24-NOV 22
Certain things may not have worked out the way you intended but is it really such a big deal? Of course not.

SAGITTARIUS ♐
NOV 23-DEC 21
You don't have to do anything special to impress others today — just be yourself and they will like what they see.

CAPRICORN ♑
DEC 22-JAN 20
You have made the best of a difficult situation and can feel rightly pleased with yourself. But don't stop there.

AQUARIUS ♒
JAN 21-FEB 18
Don't waste time on trivial things. Decide what is your main priority and focus on it to the exclusion of everything else.

PISCES ♓
FEB 19-MARCH 20
Today's full moon may harden your resolve not to give in to someone's pleas, but do you really want to appear cold-hearted?

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+Taxes & other fees (including service charges): $314

Casa Marina Beach & Reef Resort • 3 1/2★
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+Taxes & other fees (including service charges): $314

USA

Las Vegas via Toronto/Montreal

Paris Las Vegas • 4★
Luxury rm.
May 9 • 3 nts. **$599**
FREE 24 hour buffet
+Taxes & other fees (including service charges): $147

CUBA

Varadero via Toronto

Sol Sirenas Coral Resort • 3★
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Apr. 10–12 • 1 wk. **$539**
+Taxes & other fees (including service charges): $229
Please add $50 for Sat. & Sun. departures
Departure tax: 25 CUC cash, paid locally

Holguin via Toronto

Sirenis Playa Turquesa • 4★
All-Inclusive • Superior rm.
Apr. 3 • 1 wk. **$599**
+Taxes & other fees (including service charges): $229
Departure tax: 25 CUC cash, paid locally

MEXICO

Puerto Vallarta/Riviera Nayarit via Toronto

Dreams Villamagna Nuevo Vallarta • 4 1/2★
Unlimited-Luxury®
Junior suite tropical view
July 3–31 • 1 wk. **$1499**
PRIVILEGES
+Taxes & other fees (including service charges): $284

JAMAICA via Toronto

Sunset Jamaica Grande Resort & Spa • 4★
All-Inclusive • Standard rm.
May 4, 5, 7–14 & 18–20
1 wk. **$979**
+Taxes & other fees (including service charges): $280
Please add $50 for Sat. & Sun. departures

Gran Bahia Principe Jamaica • 4 1/2★
All-Inclusive • Junior suite
May 4, 5, 7–14 & 18–20 • 1 wk. **$1129**
PRIVILEGES
+Taxes & other fees (including service charges): $280
Please add $50 for Sat. & Sun. departures

TURKS & CAICOS via Toronto

The Verandah Resort & Residences • 4★
All-Inclusive
Garden view studio
May 9, 16, 23, 29, 30 • 1 wk. **$2199**
+Taxes & other fees (including service charges): $284

DEAL to EUROPE

Paris via Toronto

Hotel Cervantes Paris • 3★
Breakfast
Standard double rm.
June 6–11 • 6 nts. **$899**
Complimentary Hop-on/Hop-off city tour
+Taxes & other fees (including service charges): $332

DEAL on CRUISES

Louis Cruises[1]

Louis Cristal
7 Continents & Istanbul Cruise
Flights to Athens via Montreal
Inside stateroom, cat. ID
Aug. 27 • 1 wk. **$2279**
Book by April 30 and **SAVE $200** per couple
+Taxes & other fees (including service charges): $580

OCCIDENTAL HOTELS & RESORTS

DOMINICAN REPUBLIC

Punta Cana via Toronto

Occidental Grand Punta Cana • 4★
All-Inclusive • Junior suite
Apr. 25 • 1 wk. **$879**
+Taxes & other fees (including service charges): $314

COSTA RICA

Liberia via Toronto

Occidental Grand Papagayo • 4 1/2★
All-Inclusive • Deluxe rm.
May 8, 15 & 22 • 1 wk. **$1229**
+Taxes & other fees (including service charges): $204
Departure tax: 26 USD cash, paid locally

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